Chichester Herald

Friday 28th June 2013
YOUR FREE WEEKLY NEWSPAPER

[MISTD]

Win tickets to see World War Z
COMPETITION
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Win a meal for 2 at The Ship Hotel
COMPETITION
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Add fennel for extra zing!
HEALTH & BEAUTY
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Student's TV success

Ex-Chichester College student crowned 'Winner of Roux Scholarship 2013'

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

A FORMER Chichester College student has won a prestigious award on TV's recent Roux Scholarship

Paul O'Neill, currently senior sous chef at Ashdown Park Hotel, East Sussex, was awarded the 30th Roux Scholarship last Friday, in a nail biting television finale

An outstanding event in the culinary year, the Roux Scholarship has a fierce reputation for ensuring only the best compete for its coveted scholarship. Battling it out over a series of different stages and many weeks of competition, ex Hospitality student Paul is delighted with his achievement. "I cannot describe the mixture of emotions I went through when my name was called out it was without a doubt the greatest moment of my career. I was definitely surprised because there was some great competition in the final. There were five great chefs and also great people that I hope and believe will go on to win the competition some day."

Although well established, the competition still remains relatively unknown outside certain chefs circles. A number of desirable opportunities are offered through winning the accolade, along with a cash injection of £5,000 to support career development and an invitation to cook and train under the supervision of a leading chef at a prestigious 3-star Michelin restaurant, anywhere in the world for up to three months

Paul's training on his NVQ1 and NVQ2 full time Catering Course at Chichester College, offered him a great platform with which to develop and grow his gastronomy skills and obvious talents

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TV'S SALLY JOINS CANCERWISE AS PATRON Page 7

GOODWOOD CELEBRATES ANOTHER SELL OUT EVENT Page 20

Woodland Crafts presents the
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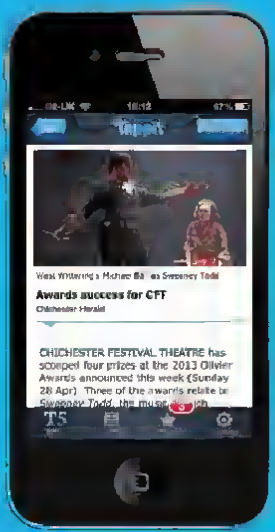
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

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Carole's big thank you

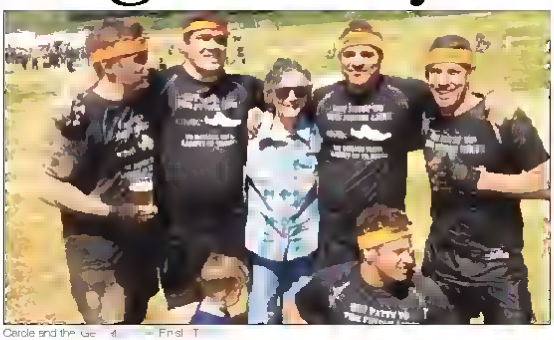
CAROLE Bohnet and her family have recently proved that sometimes good things can come from a cancer diagnosis. Through two separate events her family have helped her to raise over £2700 for Chichester-based CancerWise, the local cancer support charity which provides free counselling and therapy sessions to those coping with cancer in South East Hampshire and West Sussex.

Following an initial misdiagnosis, Carole was diagnosed with both Bowel and Ovarian Cancer in December 2011 and has undergone two separate operations together with a course of chemotherapy. As a result of that treatment, she sought the help of CancerWise in dealing with the effects. She has received many therapy sessions and has also participated in the charity's Living Well with Cancer course too.

By way of saying thank you to the charity, she enlisted the help of her family to raise funds to support the charity in the work that it does.

On Friday 7th June, her daughter Heidi held a grand Coffee Morning with cakes, bric-a-brac, and the sale of many other items. She managed to raise a staggering £608.

The next day, Saturday 8th June, her two sons Andrew and Edward together with



Carole and the Ge[illegible] Finish T[illegible]

friends Martin Peterson, Scott Newman and Matt Schmidt participated in a gruelling team event called the Tough Mudder at Winchester. The team, called 'Get Fatty to the Finish Line', raised a magnificent sum of £2,170.92 and there is a possibility of more sponsorship to come.

CancerWise centre manager, Diane Townson, said: "Carole and her family are an inspiration both to the CancerWise team and all the visitors to the CancerWise Centre. We are very grateful to them for such a magnificent effort and all over just one weekend."

CancerWise is a registered charity offering support and information to anyone.

CancerWise – Tavern House, 4 City Business Centre, Basin Road, Chichester, West Sussex, PO19 8DU. Tel: 01243 778510 or e-mail enquiries@cancerwise.org.uk

A Tweet in time could solve crime urge Chichester police

LOCAL NEIGHBOURHOOD police teams will be asking residents what they want from police – in 140 characters or fewer.

By using Facebook and Twitter, Chichester's police team will target their patrols in the areas the community has brought to their attention and will provide live updates through the social networking sites.

Sergeant Alan Fenn said: "We have a huge following on Facebook, more than 4,000 friends, and we are asking them to engage with us and tell us where they are experiencing problems.

"It can be anything from antisocial behaviour such as street drinking, problem youths, and mini motos, to rural crime and thefts.

"We are also keen to target areas where we may not have been previously been made aware of any issues affecting the local community."

Make contact via the "Chi Police" Facebook site with any locations you wish to be included in the operation.

Residents can also email chichester.npt@sussex.pnn.police.co.uk or send a private message on Facebook which will be dealt with confidentially.

Continued from page 1

Hospitality section leader Julia Williams remembers Paul fondly and said: "We are so pleased that Paul has won this prestigious competition, he was a charming student with a fabulous sense of humour and demonstrated great potential to succeed as a chef. His antics during college never ceased to amuse us and we are delighted that his level of enthusiasm is still in abundance. We would love him to visit us and to share his experience of this competition with our current students."

Establishing the competition nearly thirty years ago, the famous Roux Brothers wanted to provide young British chefs the opportunity to work in some of Europe's greatest kitchens which were almost always run by French chefs. Without the help of Michel and Albert Roux, British chefs were just not seen as good enough to get even a simple job in a top French kitchen.

The first scholar, Andrew Fairlie, had written to twenty top French kitchens and only had one reply and even that was to tell him there were no vacancies. In culinary terms the door was shut to British chefs.

Today, that position is completely different. There are many great British chefs and many of them are respected the world over. But it is easy to forget just what a colossal effort it took to establish The Roux Scholarship not just amongst young British chefs but amongst the worlds elite.

As Michel explained: it is just as much of a leap of faith for the chef who receives the scholar as it is for the scholar to decide where he, or she, would like to go. The Roux name may open the door but the scholar still has to be professional enough to live up to expectations. This is why, during judging, there can be lively debates about who wins. The scholar has to wear the Roux badge when they go off travelling.

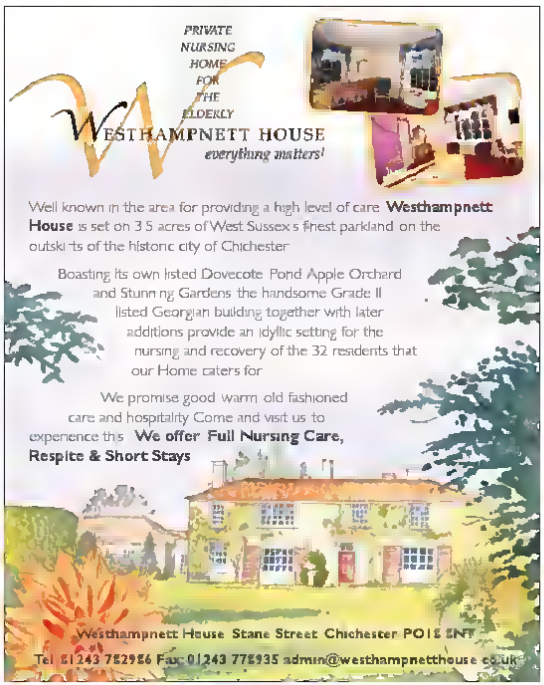
Speaking of Paul's win, Michel Roux Jnr said: "Paul is undoubtedly a great chef and an assiduous one at that but his unflappable nature along with his generous comportment make him the perfect Roux Scholar."

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Arundel is home to one of the oldest scout groups in the world. 1st Arundel (Earl of Arundel's own) Scout Group was started in 1908 only a few weeks after Scouting began.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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@PaulineBunton
"Great place to eat just behind Chichester station called @Smith_ Western. Good fun, staff lovely, and you get to wear a Cowboy hat yeeha!!"

@JaneRusbridge
"#Chichester readers join us at our @FestOfChi Pimms & Prose with @3SussexWriters at @Amelie_friends 28 Jun 3-5pm"

@HMVChichester
"Less than 24 hours until Tom Odell (@tomposterodell) appears at Hmv Chichester. On a scale of 1-10 just how excited are you? We're at 11 :D"

@rustyshoppey
"My work location has led me to sample the lunchtime shopping delights of both Worthing & Bognor Regis. Chichester next. Then the world"

@3SussexWriters
"Waterstones Chichester have 4 upcoming Author Events during the new Festival of Chichester"

Follow us: @chiherald

Every so often with the grill pan!

Tommy Boyd

ST RICHARD'S A+E
Accident and Emergency units have been under scrutiny lately, huge numbers of patients shipping in, resources stretched, staff fagged out. Just want to say I've only ever found the set up at St Richard's superb, hope your experience is the same

PERSONAL INJURY
Research shows the average person suffers 9,722 minor accidents in their lifetime...most of them in their own home

ADMITTED
My first brush with St Richard's A+E was when I cut my wrist vein open with a buzz saw. Alone in the home I called 999 and keeled over. When the ambulance crew found me I was out for the count but they spotted blood in my ear. Turned out I'd cracked my skull on the corner of the cooker and if they hadn't picked it up I'd have been in trouble

FIRE ALARMS
A Welsh fire service has spent £17,000 buying 10,000 two-foot long sticks with a plastic finger on the end to give out to people to test their smoke alarms

TESTING
It's not a proper test anyway...is it? If there's a fire you need to know the alarm will go off because of the smoke. This is where it helps to be an indifferent cook. I set ours off every so often with the grill pan, and am pleased to note the alarm does its job

HEALTH AND SAFETY
I pointed out during a home Health and Safety check that the only sure way to test a smoke alarm was with smoke but was told that lighting a fire to deliberately create smoke even to test a smoke alarm was against Health and Safety guidelines

HEALTH AND SAFETY 2
Then me and the H+S officer had a lengthy chat about whether children's bedroom windows should be locked so they couldn't fall out (or jump) versus the danger they could be locked in in the event of a fire. Turns out the rules about this one are vague.

LAWS
Laws are for the guidance of wise men and the obedience of fools

THE RUGBY
Out in Australia the ref keeps blowing up and often no-one really knows why. Does this matter? Not to the British players or the fans who accept authority however elusive its rationale, as all middle class folk must. It's their law

ANARCHY
I'm something of a text-book anarchist by the way. In that it would be nice if we didn't need rules because nobody does anything bad. Admittedly this situation is a few years off

ROYALTY
Despite being a cheery leftie I'm not remotely challenged that a friend up the road has been awarded an OBE. Well done Kate Mosse, the superb best-selling author. I kneel in her presence. In the One Stop. Her family are more interesting than the royals actually, but it would be for her to laud her clan and if she chose to she could sure do it more eloquently than what I could

JOKE
A husband whispers to his wife in church: "I just broke silent wind, what should I do?" His wife replies: "Get your hearing checked."

Let us know what you think @chiherald

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Oneworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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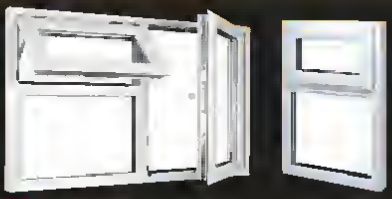

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TV's Sally joins CancerWise as Patron

Sally takes over the role from the late Sir Patrick Moore

A POPULAR BBC TV presenter has agreed to become a patron of a Chichester based charity, following the death of Sir Patrick Moore last year.

South Today presenter Sally Taylor has become a much loved local celebrity having reported on virtually every major story in the region over the past 26 years and was awarded the MBE in 2005. She now becomes patron of CancerWise.

The charity, based in the centre of Chichester, is a registered charity offering support and information to anyone concerned about cancer. It covers an area from Portsmouth to Worthing and north to Midhurst and Petworth.

Chris Wood, Chairman of CancerWise, said: "Sally has a good reason to show her support for CancerWise. Her mother died of breast cancer when Sally was only six and in 1999, when she herself was diagnosed, Sally underwent treatment. We recognise that Sally is an extremely busy woman, but giving us her support means so much to a small charity like ours."

On screen, Sally is well known for her easy and relaxed style. She loves presenting South Today and takes her responsibilities very seriously, but nothing is more important to her than interacting with the audience.

Away from the screen, Sally enjoys sailing, good wine and food.

Chichester charity event raises £2,500

Bag donated by Kim Wilde

ON THURSDAY 20th June, Sussex-based fundraisers, Handbags for Hospices brought their exciting handbag auction to Chichester's Lavant House School, raising over £2,500 for Chestnut Tree House and St Wilfrid's Hospices.

Guests to the exclusive ladies-only-event were treated to tunes from the delightful Dawn Grace and fabulous raffle prizes from an array of local businesses, including Montezuma's chocolate, Roscoe's Hair Salon and even a beautiful bag-shaped cake from Cake Expressions.

Of course, many guests walked away with numerous designer purchases including a Mulberry Del Ray, donated by an A list fashionista and an Ed Hardy bag donated by Kim Wilde, to name but just a few.

"A fantastic and memorable night was had by all of the chic and stylish Chichester ladies who came to our Lavant House event," Shelley Baker from Handbags for Hospices says. "We are so pleased to have been able to raise an astonishing £2,500 for local hospices Chestnut Tree House and St Wilfrid's and couldn't have done it without the support and enthusiasm of our fabulous guests."

"We are always looking for more hospices to help, and also keen fundraisers who would love to hold an event (big or small!) so do get in touch. We'd love to hear from you," Shelley continues.

To find out more, please visit: www.handbagsforhospices.com or call: 07753 747307.

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Major resurfacing works planned for Eastergate under Operation Watershed

WEST Sussex County Council has announced two major resurfacing schemes to repair roads damaged by extreme weather in Eastergate as part of Operation Watershed.

Eastergate Square roundabout will be closed overnight on Friday, July 5.

The roundabout, which links the A29 Nyton Road with the B2233 Barnham Road, is heavily used by traffic and the surface is failing.

The roundabout and its approaches will be resurfaced.

Local diversions will be in place.

The work, which involves removing the existing surface layer of tarmac and replacing it with a new material, will cost £54,000.

Barnham Road will be closed overnight for three nights between Monday, July 8 and Wednesday, July 10 for extensive surface repairs on large sections of the carriageway.

Straight afterwards Yapton Road will be close overnight for two nights between Thursday, July 11 and Friday July 12 for the same reason.

The works will focus around Barnham Station.

Contractors will then return to resurface the North End Road mini-roundabout overnight on Friday, July 19.

Local diversions will be in place.

The works will cost £126,000 and West Sussex County Council intends to follow it up by treating the roads with surface dressing in 2014.

Both schemes are taking place at night to avoid disruption affecting local schools, businesses and Barnham railway station.

Chairman to be elected for North Chichester CLC

NORTH Chichester County Local Committee will elect a chairman when they meet next month for the first time since the May election.

During the meeting, which takes place on Tuesday, July 2 at 7pm at Compton Up Marden CE School, Compton, PO18 9EZ, the committee will also consider the future of a proposed Signal Controlled Pedestrian Crossing at Habin Hill, Rogate.

Other items on the agenda include the distribution of Community Initiative Funding as well as Prevention and Wellbeing Grants.

Residents will also be able to raise issues during a 'talk with us' open forum.

Members of the North Chichester CLC are Michael Brown, Janet Duncton, Sandra James and Gordon McAra.

For more information or to view the agenda, please visit www.westsussex.gov.uk.

County Council marks Armed Forces Week

THE ARMED FORCES FLAG has been flying from the headquarters of West Sussex County Council on since Monday to mark the start of Armed Forces Week.

The week culminates in Armed Forces Day on Saturday, June 29, and there are events taking placem many parts of West Sussex.

The official website for Armed Forces Day says "It's an opportunity to do two things. Firstly, to raise public awareness of the contribution made to our country by those who serve and have served in Her Majesty's Armed Forces.

'Secondly it gives the nation an opportunity to 'Show Your Support' for the men and women who make up the Armed Forces community, from currently serving troops to Service families and from veterans to cadets."

Last year, West Sussex County Council Leader, Louise Goldsmith, signed a local version of the Military Covenant with a representative of the military.

One of its aims is "to demonstrate the County Council's willingness to work with others to ensure the Armed Forces Community suffers no disadvantage in accessing public services and to encourage other organisations to make their own explicit statements about their support".

Louise said: "The entire country owes an enormous debt of gratitude to our Armed Forces, and as a council we will be showing our pride by flying the flag from County Hall to mark this important week in the nation's calendar."

Selsey Library to close for essential improvements

SELSEY Library will shut temporarily at the end of the month to undergo a number of major building improvements.

The branch, in School Lane, will close for two weeks from 2pm on Saturday June 29 while internal and external decorations, including replacement windows, and electrical works are completed.

A new counter will also be installed.

The building works are part of plans to modernise the library and follow on from the installation of self-service machines in January.

Readers will be able to borrow up to 20 books or DVDs before the temporary closure or use the nearby branches at Chichester, Bognor Regis, and Witterings.

It will then reopen at 10am on Monday July 15.

Lionel Barnard, County Council Cabinet Member for Residents Services, said: "We regret that it has proved necessary to close the branch but these essential works and improvements will make Selsey Library a much more comfortable environment.

"Combining the redecoration with the installation of the new windows will be more cost effective when carried out together.

"We always have residents' safety in our minds when we embark on these works and a clear run at these essential improvements will prove much quicker when carried out together."

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DAY EXCURSIONS

04 Jul	POOLE OR BROWNSEA ISLAND	
09 Jul	ISLE OF WIGHT TOUR	
12 Jul	CORONATION FESTIVAL, BUCKINGHAM PALACE GARDENS	
13 Jul	THE WIRELESS FESTIVAL WITH JAY Z	London Olympic Park
14 Jul	KENT COUNTY SHOW OR LEEDS CASTLE	
22 Jul	DAVID BOWIE EXHIBITION, V & A MUSEUM	
27 Jul	SOUTHBANK & HOUSES OF PARLIAMENT	
27 Jul	WHITSTABLE OYSTER FESTIVAL OR CANTERBURY	
30 Jul	RYE & TRAIN RIDE ON RH & DR RAILWAY	
01 Aug	PHANTOM OF THE OPERA	Her Majesty's Theatre
01 Aug	BILLY ELLIOT	Victoria Palace Theatre
01 Aug	THE CABLE CAR CAPITAL TOUR WITH LUNCH & GUIDE	
02 Aug	CLARENCE HOUSE WITH LUNCH	
03 Aug	KEN DODD	Worthing Pavilion
03 Aug	BRIDPORT OR LYME REGIS	
07 Aug	CHARLIE & THE CHOCOLATE FACTORY	Theatre Royal Drury Lane
10 Aug	MARWELL ZOO OR WINCHESTER	
11 Aug	RAMSGATE OR BROADSTAIRS OR MARGATE	

24 Aug	PETER PAN, THE NEVER ENDING STORY	Wembley Arena
27 Aug	JERSEY BOYS	Prince Edward Theatre
28 Aug	WE WILL ROCK YOU	Dominion Theatre
12 Sep	FIDDLER ON THE ROOF	Mayflower Theatre
18 Sep	MATILDA THE MUSICAL	Cambridge Theatre
15 Oct	DANIEL O'DONNELL	Fairfield Halls Croydon
17 Oct	EVITA WITH LUNCH OPTION	Mayflower Theatre
31 Oct	GHOST THE MUSICAL WITH LUNCH OPTION	Mayflower Theatre
14 Nov	SCROOGE	Mayflower Theatre
23 Nov	CLASSICAL SPECTACULAR	Royal Albert Hall
28 Nov	WAR HORSE	New London Theatre
12 Dec	JOHN RUTTER'S CHRISTMAS CELEBRATIONS WITH R.P.O.	Royal Albert Hall
13 Dec	STATUS QUO	Brighton Centre
14 Dec	JOOLS HOLLAND & GUESTS	Brighton Centre
15 Dec	DIVERSITY - LIMITLESS	Brighton Centre
17 Dec	JLS	BIC Bournemouth
17 Dec	BOYZONE	Brighton Centre
28 Dec	CHRISTMAS SPECTACULAR	The Royal Albert Hall
Jan	ROBIN COUSINS' ICE	Mayflower Theatre & Brighton Centre (various dates)
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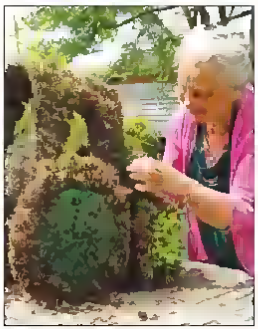
A village plans to fill its Church with flowers – and a tractor!



Janet starts her display

PREPARATIONS are well under way for a Flower Festival on Saturday and Sunday in the Church of All Saints in East Dean. A dedicated band of arrangers plan to fill the small 12th century church with beautiful floral arrangements which take as their theme

"All God's gifts around us," says Janet Williams, who is one of the arrangers. She has lived in the village all of her life and has chosen to design her display around farming. She can be seen starting work on a tractor, which will be finished in flowers and set in a floral landscape.

The Mayor unveils a historic ship shape plaque

The Mayor unveils the plaque at The Ship Hotel

THE MAYOR of CHICHESTER has unveiled a heritage plaque at a popular Chichester hotel.

Alan Chaplin, Mayor of Chichester was present on Monday to present a heritage plaque to honour the home of Admiral Sir George Murray – which is now known as The Ship Hotel.

Admiral Sir George Murray had his home built on and around the Old Guildhall', which is now the home of the hotel. The Grade 2 listed building dates from the 18th century and is the former home of the Admiral who fought alongside Nelson.

Nelson is quoted as saying 'it must be Murray no other will do'.

The hotel has a magnificent Adam staircase, and retains much of its Georgian interior. Sir George Murray was born in 1759, the son of a Magistrate and Alderman of Chichester, and first went to sea with the Royal Navy in 1772. His eventful career saw him serving with both Admiral Sir John Jervis and Admiral Lord Nelson. In 1801, he led the fleet in the attack on Copenhagen and in 1808 he was made a Rear Admiral. Sir George Murray was nominated for the Kings Cross for bravery in 1815.

On 28th November 1819, he died suddenly in his sixtieth year. In the following July two hundred bottles of wine were auctioned from the cellar, which remains today.

The building remained a private house for many years before becoming a dentist surgery, then an antique shop and finally a hotel. Prior to the outbreak of the Second World War.

General Eisenhower, Field Marshall Montgomery and Air Marshall Cunningham all dined at The Ship Hotel, the seating plan of which is displayed in the bar between the two front windows.

A memorable Moonlight Walk

AROUND 450 night owls took to the streets around Chichester at Midnight on Friday, 21st June for St Wilfrid's Hospice's fifth Moonlight Walk. The sponsored walk is a chance for people to walk in memory of a loved one and raise money for the much needed palliative and end of life care services that St Wilfrid's offers.

Communications and Events Manager, Jill Dennison, said: "The Moonlight Walk is one of the highlights of the year and this year was no exception. The atmosphere was wonderful, and we are so grateful to everyone who came along to walk and raise money, which goes towards patient care across the community.

"It's amazing to see so many people come together to support such a fantastic cause and there is always such a sense of friendship and fun. I'd like to say a huge thank you to everyone who enabled the event to go ahead, we simply couldn't do it without all our volunteers who give up their time to support us, and everyone who loans us equipment and resources. It's a real community effort and it means so much."

As walkers gathered to sign in, a festival atmosphere was created thanks to steel pan music performed by Jim Bernardin, while face painter Louise Arram did a roaring trade in sparkly flowers!

Fitting in with the night time theme, Owls-4-U brought along their rescue owls for the evening and proved very popular with the walkers indeed while the event mascot Wise Wilf had fun greeting walkers and being photographed with them. Everyone who took part was also invited to write a message to loved ones in the memories area.

Before setting off, our walkers took part in a rousing warm up session led by Natalie Owen of Fitjoy, who then did a big count down to the start.

Along the ten mile route the walkers were able to stop at Swanfield Chapel for refreshments and to light candles in memory of loved ones and at Chichester Canal Basin walkers were greeted with plenty of twinkly lights, courtesy of Chichester Canal Trust. After a break, the walkers set off on the last leg of the journey, winding their way around the city centre and then through Bishop's Palace Gardens which were lit up with glow sticks.

Everyone received a cheery welcome as they crossed the finish line then enjoyed a light breakfast and foot massage, thanks to the team of volunteer complementary therapists.

"The official sponsorship total won't be known for a few weeks but we hope it will be in the region of £44,000," said Jill. "Special prizes will be awarded to those who raise the most. If you didn't have the chance to take part in this year's Moonlight Walk but would still like to support us you can make a donation by sending a cheque, by popping into the Hospice or calling us, or by texting WILF13 £5 or WILF13 £10 to 70070."

Special thanks go to:

Amoeba Jewellers, BPS Garden Machinery Ltd, Buzby and Blue Hairdressing, Chichester District Council, Chichester Ship Canal Trust, Chichester Cadets, Chichester Explorers , Covers, Jason Keffert Photography, John Lewis, Chichester, Mercer, Natures Way Foods, Pink Pig Party Shop, Reynolds Furniture, Richard Jones Building Ltd, Selsey Press, Special Event Radio,St Wilfrid's Hospice Catering Team, Swanfield Chapel, The Richmond Arms, The Sanctum Spa, The staff at Westgate, Leisure Centre, Waitrose, Chichester, Wiley

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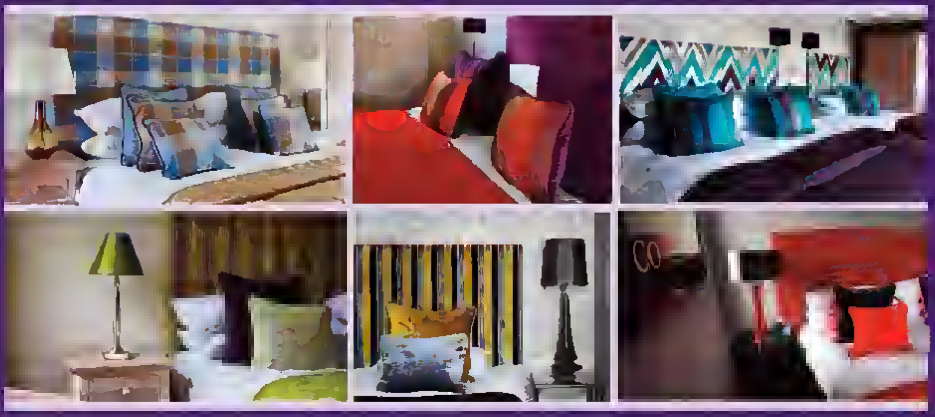

For reservations or enquiries please contact us

the ship

'Longer Lives' information released

A NEW website launched by Public Health England shows the variation nationwide in early death rates.

'Longer Lives' shows local information on early deaths from major killers such as heart disease, stroke and cancer, and how it varies across the area and the country.

The website uses a traffic-light rating system and shows areas with below average early death rates as green and those with relatively high rates as red.

Premature mortality (deaths under the age of 75) is closely linked to deprivation. West Sussex is a relatively affluent county, and as such in the tables has lower rates than average. The figures show that from 2009 to 2011 the county was ranked 23 out of 150 local authority areas.

West Sussex County Council Cabinet Member for Community Wellbeing, Christine Field, said: "Our Wellbeing website provides information and support for anyone wanting to change their lifestyle, for example healthy living and stopping smoking."

The main causes of early death rates in West Sussex were heart disease and stroke, cancer, lung disease and liver disease.

In West Sussex, as nationally, rates of liver disease have increased over the last decade.

The West Sussex Wellbeing website has a range of information on health and wellbeing for residents. Find out more at www.westsussexwellbeing.org.uk

Junior Wardens get a unique maths lesson at Goodwood racecourse

JUNIOR Wardens from two Chichester District schools were invited to a maths lesson with a difference – it was held at Goodwood Racecourse.

Pupils from Kingsham Primary School and Tangmere Academy received a range of exciting and informative educational activities at the course based on the National Curriculum.

The visit was organised by one of Chichester District Council's Community Warden, Sue Long. The Junior Wardens scheme is run by the council's Community Wardens.

The visit formed part of the British Horseracing Education and Standards Trust's (BHEST) Racing to School initiative, which aims to encourage pupils' numeracy and literacy skills using the context of the horseracing industry.

Ollie McPhail, retired National Hunt jockey and now Lead Education Officer for BHEST, outlined how maths matters in horseracing, with various activities in the weighing room, around the parade ring, and on the course itself.

The pupils covered issues such as weights, distances and the handicapping system. Ollie also set the pupils a range of activities to test their number crunching skills and gave them a practical insight into the many career opportunities in the industry.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, says: "The children had a fantastic day and learned a lot about maths and the racing industry. They were given access to the weighing room, jockeys' room and the parade ring. The children were involved in a number of tasks behind the scenes before they settled down to watch the races."

Junior Wardens Jenny Arcane Ellen Ingram Lucy Hall Lucas Andrea Jackson and Ollie McPhail as they take part in a maths lesson at Goodwood Racecourse

Sue says: "The children were really excited to meet Ollie and hear about his experiences working in the horseracing industry, as well as watching two races and standing right at the finish line. We also chose the winning horse!"

The first Junior Wardens scheme in the Chichester District was set up in 2000. The scheme is aimed at encouraging children to become more involved in their community and take pride in the environment in which they live.

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4 brothers have waited ages!

Cat and Rabbit Rescue Centre

Can you help Reggie Owen Denzil Murphy are desperate for a loving home

Great News: Bella, Chas, Shirley, Edward & Billy, Moonlight, Sonny, Sparky, and Overlooked Young Pairs Peter & Aimee, Russell & Lynette have homes. THANK YOU!

DELIGHTFUL BROTHERS, Reggie & Owen are a pair of smooth black cats (one chocolate black and the other with white chest hair) and Denzil & Murphy are a black/white and smooth black pair, all with green eyes and just 1 year old.

Since they came into The Rescue, 373 cats/kittens have been offered homes, but these two young pairs are still waiting. These neutered males are some of the friendliest cats that have come to The Rescue in the last year, but they have been overlooked by people at homing time. They are now desperate and getting despondent after waiting for 9 months since they came into The Rescue at the end of last summer, when they were 4 months old.

Please, if you are thinking of getting a pair of rescue cats can you ask to meet these two pairs when you phone, and come along to the homing at The Rescue. They really are lovely, gentle, affectionate, cats who so want Someone Special to care for them, the chance to go outside, explore and play while they are still young.

The Rescue asks for a minimum donation of £45 for each cat which includes vaccination, microchipping, neutering, flea and worm preventative treatment. Free PetPlan vet insurance for 4 weeks is provided.

Visits to The Centre are Strictly by Appointment and available 7 days a week. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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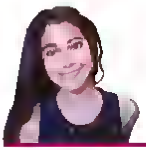
Take me back



Mia Edwards

I SPENT all of last week in London for my Year 10 work experience. Normally I get so homesick, the residential trip you go on in year 6 is the longest I've gone being alone, and that was a horrific time of my life. But London was so different, as much as I was excited to see everyone, I didn't miss anything about my school life. It was so new and big, and the fact that my friends weren't there didn't phase me whatsoever.

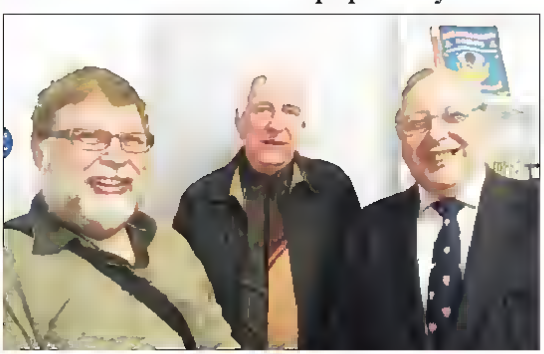
I mean not to brag or anything, but dude I got the tube to work every day, and only once did I go the wrong way. I will not lie and say I liked the tube, however I spent most of the time waiting to get Wi Fi and receiving messages which then made me laugh. Laughing on a very quiet but filled tube is not sensible. It makes everyone give you looks that say 'I don't hate you, I just wish that the train had closed its doors on you and sliced you in half'.

I was working at You Magazine – I don't know how I got so lucky but that is what happened. I never think of going into anything other than journalism (hence me ranting for 3 years) so the mag experience was literally ideal. As well as all the awesome things that I got to do, I learned how to use a photocopier, yay! As in, I was instructed to use it so had to stand there for five minutes looking confidently at a huge machine which beeped a lot before striding silently back and saying 'is it the big green button that I press to make it work?'

All that aside, it was amazing! I felt so grim thinking of going back to school. School is great, but it isn't yours. You share it with everyone who goes there, and there are subjects that you like and subjects that you don't. There are no tube lines to puzzle you, they are replaced by division signs. I came back to maths and the first lesson was about tennis. Why combine sport and maths? Life is depressing enough, was my first thought.

Independence isn't given out enough – even though our generation are offered endless possibilities that encourage it, never are we just thrown into a town that we don't know and left to find out how the world works. This is something work experience gave me, and even if the only way back there was the tube, I wouldn't think twice about jumping on.

A reunion for Chichester pupils 60 years on



(L-R) Tony Plumridge, Roger Gooding and Peter Hamel-Cooke

SEVERAL former pupils at The Prebendal School in Chichester met up for the first time since the 1950s at the school's recent open house.

Over 100 people attended the event on Saturday 15th June 2013. It is the first of many which the school intends to organise for its former pupils, parents, staff and Governors, collectively known as The Prebendal Associates.

Families came back to see how the school had changed including a number of Old Boys who had not seen each other since their schooldays. They included Tony Plumridge, Roger Gooding and Peter Hamel-Cooke who all attended The Prebendal in the 1950s.

The school is the oldest in Sussex and probably dates back to the foundation of Chichester Cathedral in the 11th century. The Prebendal has an illustrious history – one Headmaster was appointed to be the tutor to the future Henry VIII, former pupil and future Archbishop of Canterbury, William Juxon, attended King Charles I at his execution in 1649 and the beams in the Long Dormitory contain 300 year old panelling with boys carving their names for posterity.

You can visit the school online at www.prebendalschool.org.uk

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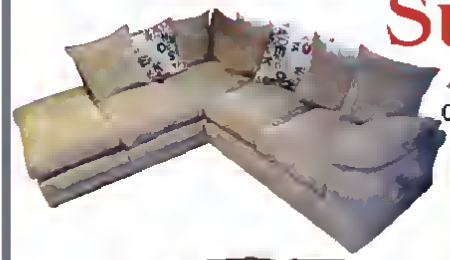

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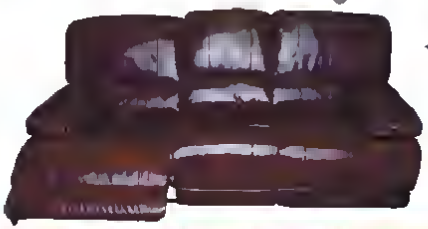

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'Support your local charity'

WEST Sussex County Council Leader Louise Goldsmith is urging residents to get behind their local charities.

She visited the Brent Lodge Wildlife Hospital with Margaret Whitehead, Chairman of South Chichester County Local Committee as part of Small Charity Week (17 June to 22 June).

The national event aims to celebrate and raise awareness of the work of the UK's small charity sector.

The Brent Lodge Bird & Wildlife Trust received a grant from South Chichester County Local Committee's Community Initiative Fund earlier this year, as well as a donation from the County Council's Staff Good Causes Fund.

Louise and Margaret visited the hospital to see how the charity helps injured wild birds and animals – and found out how they are supported by a small army of volunteers.

Louise said: "Small local charities do a lot of really good work, often on an extremely tight budget.

"They rely heavily on voluntary help and donations from local people, without the resources of big well known charities to pay for advertising and large fundraising campaigns.

"Brent Lodge does just this, and it was truly inspiring to see how well supported it is by the community.

"The work that goes into taking care of all the animals is absolutely incredible.

"Please try to support the local charities which are at the heart of our communities."

The trust was founded by Dennis Fenter MBE in 1971, after he nursed an injured baby sparrow back to full health.

They depend upon support from the public to ensure they can be on hand to help the approximately 3,000 birds and animals brought to them each year – they often have between 15 to 70 new arrivals every day.

Dennis's wife Yvonne, Chair of the charity's Trustees, said: "As much pleasure as we get out of caring for the patients and releasing them back to the wild, we also need to think about it as a business because money is so tight at the moment.

"We have had a lot of support from the public – particularly from the County Council and their staff.

"Brent Lodge has recently received nearly £1,000 from the Council's Staff Good Causes Fund and the County Local Committee to buy new bird cages and build runs for foxes.

"We almost had to close in 2007 because, frankly, we ran out of money.

"After an appeal, our supporters – including staff at the County Council who did some brilliant fundraising – raised nearly £60,000 which rescued us. But we still have to continually work hard at fundraising in order to survive."

Emma Pine, Brent Lodge Wildlife Manager, Margaret Whitehead, Louise Goldsmith and Councillor Margaret Whitehead to Outside Student Town

Margaret added: "I have taken several injured animals to Brent Lodge through the years, where they have been well looked after.

"The staff and volunteers work very hard every day, cleaning out the treatment cages and generally helping the birds and animals on the road to recovery.

"Through the Community Initiative Fund we have been able to give grants to many projects and charities – including Brent Lodge – and it is wonderful to see how it makes a real difference.

"I'm sure there are lots more projects which could really benefit from our help."

Local charities and organisations can apply for funding from County Council's Community Initiative Fund (CIF) – each County Local Committee (CLC) has £6,000 per committee member which is distributed throughout the current financial year.

For information about the CIF scheme and how to apply to your local CLC can be found at www.westsussex.gov.uk

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Prebendal pupils & Henry VIII swap notes on Head Masters

The Prebendal girls pose with Henry VIII at Hampton Court

YEAR 5 pupils at The Prebendal School in Chichester enjoyed a beautiful day out at Hampton Court this week including a catch up with Henry VIII who was also taught by several of the school's Head Masters. The current pupils are taught Latin by the present Head Master, Tim Cannell, and Henry VIII was taught by two former Head Masters of the school – John Holt in 1502 and William Hone (who tutored him and his sister Mary whom the ship the Mary Rose is named after) in 1504. During their visit on Wednesday 19th June 2013, the children also enjoyed going back in time by dressing up for the Tudor Court including stepping into the shoes of Henry VIII's sixth wife, Katherine Parr, with a perfect replica of her dress.

History and Religious Studies teacher at The Prebendal School, Tom Bromfield, said: "Hampton Court is the most fabulous place to take children to really understand the Tudor Court. It isn't just a palace because it is interactive and really hands-on. They all had a fantastic time."

Midsummer music magic at Aldingbourne

THE ALDINGBOURNE TRUST was delighted with the success of their first Summer Music Festival on Friday 21st June. A beautiful midsummer evening was the backdrop for some music, a camp fire, fairground rides and picnics under the Oak Tree at the Aldingbourne Country Centre.

The main marquee was host to a range of local musical talent. Slow Fuse, Southdown Ramblers, The Clicks, BASIS, Chichester College Singers and fabulous musicians and performers from Chichester Music Academy L'Arche provided the perfect chill out zone in the calm setting of the woodland around their colourful Yurt and the Woodland Bothy with music from Hintertwine, the Worthing Superstar Choir and Freedom Culture as well as some fabulous duet groups. Elsewhere on site guests enjoyed the Access Music Disco, Karaoke and Dancercise, and even Elvis made an appearance to the delight of his fans. The Open Music Workshop run by Mike Fry was a great hit too; people were able to play a variety of musical instruments, ad lib as a group and discover more about music.

The event was very children friendly too. Youngsters enjoyed a fairground teacups ride and had their faces painted. The Open Farm remained open for the evening so families could wander around and take a look at the alpacas, goats, poultry, peacocks and Guinea Pig Village. A unique and popular attraction was the Camp Fire songs were sung and marshmallows were toasted around the fire which was a delightful and tasty experience for everyone.

One person who attended commented on the evening: "Just got home from an amazing evening at your festival, it was superb. So many special things to do, toast marshmallows, make music, be free. Thank you all very much for your hard work."

Roll on 2014! Due to the success of the event, the Aldingbourne Trust is now looking at organising the 2014 Summer Music Festival. Aldingbourne would like to thank all the performers, musicians, volunteers and staff who helped make the evening a brilliant success. The Trust would especially like to thank Chichester Music Academy, Nick Davidson, Chichester College, Chris Denman, Hugh Camplin and L'Arche for playing a key role in the Festival. A big thank you to everyone for attending and supporting the event. If you are interested in playing at the Festival next year please let the Aldingbourne Trust know. Email: abigailr@aldingbournetrust.co.uk.

The Aldingbourne Trust is an enterprising charity, based in West Sussex that supports adults with learning difficulties to develop their skills which will enable them to live independently and find employment. For more information on the Aldingbourne Trust please visit www.aldingbournetrust.co.uk

Go Wild With Ed

WELCOME to Chichester Harbour Area of Outstanding Natural Beauty. The harbour is a great place to get close to nature. Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or boat.

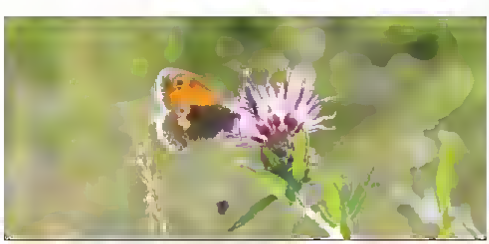
Ed Rowsell

Birds

There is lots of breeding activity going on with broods of Black-headed Gulls, Mute Swans, Mallards and Coot chicks on a number of sites. Other birds such as Mistle Thrush, Robin and Starling have already fledged chicks (their juvenile plumage can make identification troublesome!). Still other species are still nesting or even still displaying, some of which are very late arriving and starting compared to average. The seabird colonies are fairly busy with good numbers of Sandwich Terns, Common Terns and Black-headed Gulls apparently nesting. But very few Little Terns and no Mediterranean Gulls observed.

Mammals

The young of many of our mammal species will also now be well grown and some starting to venture out. Look out for fox and badger cubs, weasel and stoat kits and Roe kids. Roe does will have recently given birth, usually to two spotty kids, which they leave laying separately in grass and other vegetation, and return to suckle them.



Small Heath Butterfly (Photo credit: Magnus Mansley) and Swan and Cygnet pictured on Chichester Canal (Photo credit: Peter A[illegible]od)

Inverterbrates

After the slow start, the warm weather we have been experiencing has encouraged our insect life to emerge. Orange Tip, Brimstone, Red Admiral, Peacock, Small Heath, Large White, Small White and Speckled Wood Butterflies have all been seen recently. Common Blue and Large Red damselflies were found in good numbers during a lunchtime wander around a pond.

Plants

As with lots of things this year things are happening a bit slowly in the plant world. Southern Marsh Orchids are starting to flower and will be putting on quite a show at sites such as Fishbourne Meadows. The pale lilac of Common Spotted Orchid are forming dense beds in some areas. But Bee and Pyramidal Orchids do not seem to have started to emerge yet.

Sightings

Please report any interesting sightings to the Harbour Office.

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Chichester Business

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Goodwood celebrates another SELL-OUT event

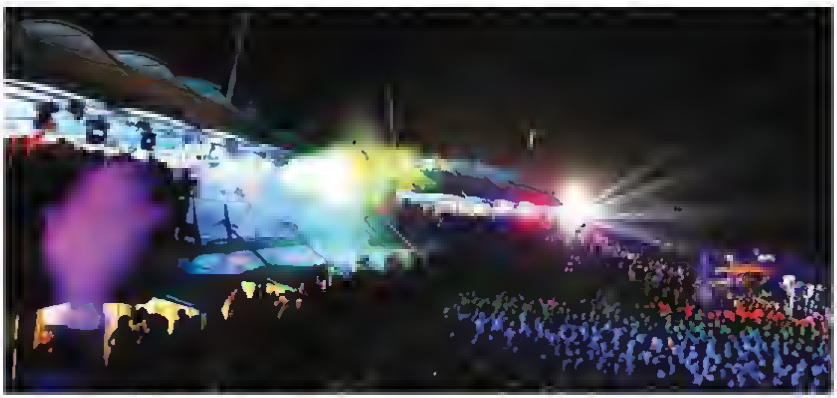
THE VIEWS across the Sussex Downs, and glorious green expanse of the rolling hills beyond, was an ever picturesque one, and for this third annual edition of the event, the non-stop glorious weather delivered a perfect setting for Goodwood's Three Friday Nights.

As the summer sun set over the spectacular Goodwood Estate three world renowned DJs lit up the skies with an electric two-hour DJ set at Goodwood's horseracing and DJ event - Three Friday Nights.

The festival, held over three separate Friday nights, saw Rudimental, the East London music collective kick Goodwood into life. Tickets to see the Hackney quartet turn the picturesque Parade Ring into a beautiful dance floor beneath the stars sold out in record time! The pioneering band who received their first ever BRIT nomination for Best British Single 2013, really had everyone 'Feeling the Love' with their explosive energy and sensational mixing skills.

The second Friday night saw the official 'Come-back Gig' from Groove Armada's Andy Cato. The crowds had the dance floor pulsing from start to finish with pure appreciation to see one half of the world's most loved and biggest selling dance acts deliver an electrifying set.

Wrapping up the last of the fantastic Three Friday Nights event was Radio 1 DJ Trevor Nelson. The pioneer of the UK urban scene perfectly merged breakthrough tracks with all time classics to bring an unforgettable night to the thousands of fans that flocked to Goodwood.



Goodwood Racecourse Managing Director, Adam Waterworth said: "Three Friday Nights saw its best year yet with every Friday selling-out in record time. The British summer appeared just in time, the horseracing was as spectacular as ever and the DJs delivered an outstanding performance. We can't wait to start planning Goodwood Three Friday Nights 4th edition."

The reputation of this eclectic mix of horseracing and DJs continues to go from strength to strength and Goodwood are looking forward to welcome the thousands back to Goodwood for another sell out event in Summer 2014.

Retail and educational partnership offers practical business support for local producers

AN EXCEPTIONAL working partnership between The Southern Co-operative and Chichester College has resulted in the official launch of 'Routes to Market', a business and retail skills package aimed to help small and medium sized food and drink businesses.

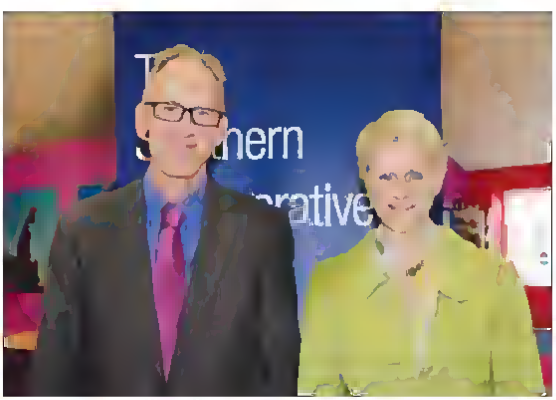
The Routes to Market (RTM) package has been designed to support small and medium sized food and drink producers across Sussex, Hampshire and the Isle of Wight with the skills and training to help them create workable business plans and financial forecasts. The package also enables producers to ensure that health and safety is exemplar and due diligence audits are in place.

Shelagh Legrave, Principal of Chichester College in West Sussex, explained: "It is estimated that 80% of start up food and drink businesses do not survive the first three years of trading and that the key factor to business failure is weak business planning. Routes to Market aims to help start up food and drink businesses with the scaffolding to set up and grow their business and generate their best route to their chosen market."

Shelagh added: "But it's not just about start up businesses, existing businesses with fantastic products and a passion for local food and drink also have the chance to renew their vision and review their business objectives using pertinent questions from the RTM Handbook or forecasting business growth using the financial modelling package available."

The package has been road tested by some respected food and drink producers including Caroline's Dairy, Bookhams Fine foods, 3 Harbours Beef, Montezuma's, More Foods, Lickyogurt and Bangers Galore. All of the businesses have valued the chance to take time away from their day to day operations and reflect on their next steps, but as significantly, they valued the chance to share ideas with like-minded passionate people. As part of the RTM launch, The Southern Co-operative is also sponsoring three producers, two from Hampshire, New Forest Aromatics and Little Bee Bakery and West Sussex ice cream producer, Caroline's Dairy, to undergo the RTM business planning workshop.

Mark Smith, The Southern Co-operative's Chief Executive said: "The Southern Co-operative is strongly committed to local food sourcing. Our Local Flavours range has around 1000 lines of local produce across our estate in southern England and sales of this range have grown by 40% in the last year. However, we want to do more than put local food on our shops' shelves. This collaborative working model has created a programme that supports food and drink businesses and works to ensure sustainable economic growth within the South East. This is key to the long term recovery of the economy and employment and most importantly allows fabulous food and drink from the region to reach a wider and appreciative audience."



Shelagh Legrave, Principal of Chichester College and [illegible] launch the Routes to Market business and retail skills package for small and medium sized food and drink businesses

More information is available at www.routestomarket.org.uk, where you can sign up to receive details of business workshop dates or call Hannah Vaughan at Chichester College on 01798 877 405.

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Chichester Business

Success for Local Coach Operator at National Tourism Awards

WOODS TRAVEL has beaten off competition from coach operators from across the UK to win a national tourism award at the Coach Tourism Awards 2013, in Liverpool

The awards, organised by trade magazine Coach Monthly, recognises excellence and innovation across coach tour operators, tourist destinations and attractions, and industry suppliers

Woods won the award for Coach Holiday Programme of the Year. This recognises the programme that demonstrates innovation and creativity together with a good mix of destinations.

In giving Woods Travel the award, the judges said that they recognised the Woods Travel team's commitment to delivering a first class holiday programme. The judges commented on the fact that 50 new tours had been added into the current programme, including a good mix of destinations linked to the forthcoming anniversary of WWI. The clear focus on the different products, including two-centre tours and a singles programme also caught the judges' eye

Kristy Elsmere director of Woods Travel collected the award in front of more than 450 tourism industry professionals. The company was also celebrating being a finalist in the category for Day Excursion Programme of the Year. Commenting on the company's success, Kristy Elsmere said: "These awards recognise our commitment to customer service, improved value and improved quality. Winning the award for holiday programme and being a finalist for excursion programme is down to the hard work of all our staff."

Kristy Elsmere (left) and Linda Glunn (right) accepting the award from Judith Chalmers

The awards presentation was hosted by the editor of Coach Monthly magazine, Stuart Render, and television presenter and travel and tourism expert, Judith Chalmers.

"The Coach Tourism Awards is the only national awards scheme to focus specifically on the coach tourism community," says Stuart Render. "Woods Travel were up against the best of the best coach operators in the country so this is therefore a well deserved and a significant achievement."

Woods Travel also recently won UK Coach operator of the Year at the UK Coach Awards, proving again that being a smaller coach operator does not mean that you can't be the best.

For details on Woods Travel and their products and services go to www woodstravel.co.uk or call 01243 868080

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Arts & Entertainment

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cineworld

World War Z (3D) (15)

THREE out of Five stars

Running time: 115 mins
Director: Marc Forster
Starring: Brad Pitt, Mireille Enos, Daniella Kertesz, Fana Mokoena, Abigail Hargrove, Sterling Jerins, Fabrizio Zacharee Gudo, Peter Capaldi, James Badge Dale, David Morse, Matthew Fox, Ludi Boeken

Watchable zombie blockbuster with decent special effects, some effectively tense moments and a solid central performance from Brad Pitt, but it's let down by flagging direction, an emotionally blank script and a kiddie-friendly PG-13 (in the US) certificate that results in a criminal lack of gore.

What's it all about?

Directed by Marc Forster and loosely (very loosely) based on the novel by Max Brooks, World War Z stars Brad Pitt as Gerry Lane, a Philadelphia-based former UN military officer who's given up his job to help his wife Karen (Mireille Enos) raise their two young daughters (Abigail Hargrove and Sterling Jerins). However, when a zombie epidemic breaks out in the city, the Lanes are caught up in the ensuing panic and only escape by the skin of their teeth when they're airlifted to safety by Gerry's former boss (Fana Mokoena).

With his family safely aboard an aircraft carrier, Gerry is asked to accompany a mission to identify the source of the zombie outbreak and follows a complex trail to South Korea, Israel and finally Wales. Along the way, he receives help from an Israeli soldier (Daniella Kertesz) and a team of unnamed World Health Organisation scientists (Peter Capaldi, Oliver Bleibtreu, Ruth Negga and Pierfrancesco Favino).

The Good

Brad Pitt delivers a reliably solid performance as Gerry but his movie star presence rather unbalances the film, since you're never in any doubt as to whether or not the zombies will eat him. By the same token, none of the supporting cast members even get a look in. Enos and the children are sidelined early on, while more familiar faces like David Morse and Matthew Fox (as an ex-CIA agent and a soldier) have clearly had their screentime reduced. (The rewritten and reshot third act cynically attempts to redress this imbalance by casting a series of foreign actors who are big stars in their home countries.)

On the plus side, Forster orchestrates some impressive set-pieces, particularly the opening zombie attack, with Glasgow doing a great job of standing in for Philadelphia. There are also some genuinely tense sequences scattered throughout the film and the script has some amusingly inventive ideas, such as North Korea deciding to solve the problem by pulling out everyone's teeth (no zombie bites, no epidemic – genius).

The Bad

The film's biggest problem, at least for genre fans, is that the expected gore has been completely neutered in pursuit of a PG-13 rating (in the US, and it's a 15 in the UK), there's at least one scene where something very nasty happens just out of shot and it feels like the filmmakers are actually putting their hands over your eyes.

In addition, the film fails to capitalise on its 3D effects (no zombies groping out at you), the pacing flags badly in the middle section and the script fails to connect on an emotional level because you only really get to know one character.

Worth seeing?

World War Z is watchable enough thanks to Pitt's performance but it's neither as scary nor as gripping as it should have been.

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald in partnership with Chichester's Ship Hotel is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing price for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer, name, address and contact number to **news@theshiphotel.net**

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 03 July 2013 at midday. The competition is for one winner with a prize of a meal for two at the Hotel's popular 'The Ship's Plank'. The Ship's Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terriyaki, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

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WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q. BRAD PITT IS MARRIED TO WHICH HOLLYWOOD SUPERSTAR ACTRESS?

A. JENIFER ANISTON
B. ANGELINA JOLIE
C. GWYNETH PALTROW

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 2nd July 2013 at midday. The winner will be notified later on that day.

- Last weeks winners is Tessa Burrington from Bognor Regis

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
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Sky Diary July 2013
By Peter Littlejohns

Mercury, Mars and Jupiter are close together in the second half of July for early morning risers. They will be low in the [illegible] about half an hour before sun[illegible] Mercury the faintest and lowest of the three, the next one being the [illegible] Mars the highest and brightest.

The Earth is at aphelion, its furthest point from the Sun, [illegible] of the Sun at a distance of 152 million kms.

Saturn is still well placed for observation in the SW in the constellation of Virgo setting well after mid-night. On the 17th the Moon is only a few degrees south of the ringed planet.

Uranus and Neptune appear low in the SE but good binoculars are needed to find the latter as it is below naked eye visibility.

The current constellations are not as well defined as are the winter ones, but there is the summer triangle of stars to home in on high in the SE. Vega (almost overhead) is a brilliant white star in Lyra and is surrounded by a diffuse hazy disc which [illegible] a planetary system at the [illegible] and lies at a distance [illegible] to the east in Cygnus the [illegible] Deneb [illegible] thousands of times [illegible] but is the dimmest of [illegible] years away from us. Further south is Altair in Aquila the Eagle. It has a rapid spin rate of once every [illegible] hours and is at a distance 17 light years away.

There are two favourable peaks of the Capricornid meteor shower on the 6th and 13th with a low rate of around 5 shooting stars an hour but with the occasional fireball to liven things up a bit. Another shower, this time with around 20 an hour at its peak, is on the 28th from Aquarius and both radiants are low in the SE.

Planetarium Shows and Dates July 2013

Sunday 07	3.30pm	Those Magnificent Moons
Friday 19	7.30pm	The Stars This Month
Sunday 21	3.30pm	The Moon: Our Nearest Neighbour
Friday 26	7.30pm	Summer Skies: Shooting Stars
Sunday 28	3.30pm	Violent Sun, Space Weather
Tuesday 30	3.30pm	Summer Skies: Shooting Stars

Tickets: Adults £6.00 Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester
Alternatively please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets
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A map showing our location can be found at: www.southdowns.org.uk

Films showing at New Park Cinema

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Behind the Candelabra is now showing

Fri 28 Jun
13.15 In the Fog (12A) 127m
13.30 Film Course: A Room with a View
16.00 The Comedian (15) 97m
18.15 Behind the Candelabra (15) 118m
21.00 Summer in February (15) 100m

Sat 29 Jun
13.00 The Queen (12A) 103m
15.15 Behind the Candelabra
18.00 Summer in February
20.30 The Audience (PG) 155m

Sun 30 Jun
13.00 Babette's Feast (U) 102m + Intro
15.15 The Comedian
17.00 Summer in February
19.30 Britten's Gloriana (PG) 180m

Mon 1 Jul
12.15 Behind the Candelabra
14.45 Summer in February
17.15 The Audience
20.45 In the Fog

Tue 2 Jul
13.15 Private Screening
15.45 Summer in February
18.15 Village at the End of the World (12A) 78m
20.30 Behind the Candelabra

Wed 3 Jul
13.00 Behind the Candelabra
15.45 The Comedian
18.15 Summer in February
20.30 Behind the Candelabra

Thu 4 Jul
13.15 Village at the End of the World
15.30 In the Fog
18.15 Behind the Candelabra
21.00 Summer in February

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CHOICE

John Inverdale

Today at Wimbledon BBC2, 8pm

John Inverdale presents act on and react on from the sixth day's play at the All England Club, focusing on the scheduled conclusion of the men's and ladies' third-round singles. The top seeds had things pretty much their own way on day six last year with the likes of Juan Martin del Potro, Serena Williams, Andy Murray and Petra Kvitova all progressing to the fourth round. Despite a relatively wet beginning to the tournament, the schedule was back on track by this point in 2012 with all of the third-round singles matches completed

BBC1

6.00 Breakfast **10.00** Saturday Kitchen Live **11.30** Lorraine's Fast Fresh and Easy Food (R) **12.00** BBC News Regional News Weather **12.15** Live Formula 1 British Grand Prix - Qualifying **2.29** Wimbledon 2013 **8.10** **BBC News** Regional News Weather

6.35 **Celebrity Mastermind** With Sarah Sherry Nihal Arthanayake, Dan Walker and Martin Lewis Last in the series (R)

1.00 **Primliass Cnbrbilna.** One-time soap stars take part, including former EastEnders actors Dean Gaffney and John Altman and Coronation Street's Ken Morley and Steve Arnott (R)

7.50 **The Nalional Lollery: In It to Win It** Dale Winton hosts the prize in which five contestants pit their wits to scoop a big cash prize. Includes the National Lottery draws presented by John Partridge

8.40 **Causality** Tom and Sam clash over the best course of action for a mother who can no longer cope with looking after her autistic son and Ash's tearaway daughter Flix causes more trouble

9.00 **BBC News: Weather** National Lottery Update

9.60 **Film Bin Hard with a Vengeance** (1995) New York cop John McClane pursues a terrorist threatening to set off a series of bombs around the city. Action thriller sequel with Bruce Willis, Samuel L Jackson and Jeremy Irons

11.50 **Film Tombstone** (1993) Western, with Kurt Russell, Val Kilmer, Sam Elliott and Bill Paxton

1.00 Weatherview. **1.05** BBC News

BBC2

6.00 This Is BBC Two **6.40** Formula 1: British Grand Prix - Practice One. **8.15** Formula 1: British Grand Prix - Practice Two. **9.55** Live Formula 1: British Grand Prix - Practice Three. **11.05** Wimbledon 2013 **8.00** Glastonbury 2013

8.00 **Wimbledon 2013** Further live coverage of the sixth day's play at the All England Club, where weather permitting the line-ups for the men's and ladies' fourth-round singles are set to be decided

8.00 **Today at Wimbledon** John Inverdale presents action and reaction from the sixth day's play at the All England Club, focusing on the scheduled conclusion of the men's and ladies' third-round singles

9.30 **DI Guests** Robert Webb, Phill Jupitus, Ronni Ancona and regular panellist Alan Davies join host Stephen Fry who asks questions about hypnosis, hallucinations and hysteria. (R)

8.30 **Mock the Week** Gary Delaney, Holly Walsh and Josh Widdicombe join regulars Chris Addison, Hugh Dennis and Andy Parsons on the topical comedy quiz. (R)

10.00 **What in Ihe el Buzzcocks** Music, news stories and highlights of the comedy quiz from 2005 (R)

10.30 **Glastonbury 2013** Lauren Laverne, Mark Radcliffe and Jo Whiley present coverage of the festival, headlined tonight by the Rolling Stones. Plus, highlights of Elvis Costello and Friends' Scream

2.00 This Is BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. **8.15** Jake and the Neverland Pirates. **8.25** Peppa Cat. **8.40** Pop-up Cat. **8.50** Cantinela. (R) **7.30** Caninela. (R) **7.10** Pokkadots. **7.20** Almost Naked Animals. (R) **7.35** Ultimate Spider-Man. **8.00** Gravity Falls. **8.25** ITV News. **8.30** Dinner Date. (R) **9.25** The Jeremy Kyle Show USA. (R) **10.15** Murder Sile Wrote. (R) **11.15** ITV News Weather **11.20** Saturday Farm **12.20** River Monsters. (R) **1.20** Film: Holiday On the Buses (1973) **3.00** All Star Mr & Mrs. (R) **4.00** Midsomer Murders. (R)

6.00 **Ringlenal Programme** Weather

8.15 **ITV News** Weather

8.30 **Ynn se Bena Frannhl** Comical clips, including a dog-versus-crocodile showdown (R)

7.00 **Yan se Benn Fralsoull** Humorous footage, including a sketch featuring Santa Claus

7.30 **Ynnr Fnse Soaaha Fnmillar** New series. Alesha Dixon and Paddy McGuinness host a live entertainment show in which six celebrities impersonate randomly selected home users in a bid to win money for charity

8.45 **All Star Family Fortunes** New series. Casualty's Patrick Robinson and Big Brother's Biir on the She ow host Ryan Clark team up with their families to win money for charity

9.45 **Tlm Amnrlunnn** The Jennings try to defeat a new FBI surveillance system

10.30 **ITV News** Weather

10.45 **Film Spaon Cnabnys** (2000) Adventure starring Clint Eastwood

1.05 Jackpot247 **3.00** In Plain Sight. (R) **3.45** ITV Nightscreen.

CHANNEL 4

6.00 The Treacle People. (R) **8.10** The Hoods. (R) **6.35** The Hoods. (R) **7.00** We Trading Co. **7.30** The Girls. **8.00** The Morning Live. **9.00** Everybody Loves Raymond. (R) **9.30** Everybody Loves Raymond. (R) **10.00** Frasier (R) **11.30** Frasier. (R) **11.00** The Big Bang Theory (R) **11.30** The Big Bang Theory (R) **12.00** The Simpsons (R) **12.30** Heston's Fantastical Food (R) **1.30** Channel 4 Racing. **4.20** ITC Athletics Grand Prix Final

8.30 **Channnl 4 Nnws**

7.00 **Come Dinn alth Me.** A week of dinner parties in Barnsley South Yorkshire, featuring an American themed evening, a Will West style dash and unusual delicacies including ostrich egg and pig's ears. (R)

8.00 **Brand Designs** Kevin McCloud follows the progress of south London couple Mary Martin and Carl Turner who want to build a home that resembles a giant stack of gloss cubes (R)

8.00 **The Hilllna Pnnnd Drop Line** Dame Mc Call presents the quiz show in which contestants are challenged to place large quantities of cash over trapdoors as they face a series of questions

10.00 **Film Pnrtnt Gnmnn** (1992) Former CIA agent Jack Ryan foils an assassination attempt by an IRA splinter group, killing one of the terrorists in the process. Thriller starring Harrison Ford, Sean Bean, Samuel L Jackson, Richard Harris and James Earl Jones

12.00 Paddy's TV Guide. (R) **1.35** Just Around the Corner. (R) **2.00** The Million Pound Drop Live. (R) **3.30** Hollyoaks. (R) **4.45** Kirstie's Handmade Treasures

CHANNEL 5

6.00 Milkshake! **10.00** Power Rangers Samurai. (R) **10.35** ThunderCats. (R) **11.30** Higher Expectations. (R) **11.30** Big Brother: Live Eviction. (R) **12.55** CSI: NY (R) **1.40** CSI: NY (R) **2.30** Film: Gold. (1974) **4.50** Film: Zulu Dawn (1979)

7.00 **5 News Weekend**

7.10 **Tln CSI Movin Crlals** A government weapons truck is hijacked as part of a plan to allow a criminal to escape from jail. Feature-length episode of the crime drama, starring David Caruso

8.45 **Big Brother** Highlights of another 24 hours in the Big Brother house, including coverage of the second eviction as seen from the point of view of the contestants

10.00 **Big Brother's Bit oa Ihn Psych** AJ Oh-ain is joined by a panel of psychologists and celebrity fans to analyse the housemates' behaviour

11.00 **Tln Walklng Deals** New series. A prison provides an opportunity for the survivors to establish a new base camp, but they find it is not uninhabited. Post-apocalyptic drama with Andrew Lincoln

11.55 **Inslln Hollywood's** Magazine show, with location reports, showbusiness news and views from behind the scenes in Tinseltown. Presented by Mark Morris.

12.00 SuperCasino **4.00** Michaela's Wild Challenge (R) **4.25** Make It Big (R) **4.50** Roary the Racing Car (R) **5.00** Angels of Jarm (R) **5.10** Hana's Helpline (R) **5.20** Angels of Jarm (R) **5.25** The Pinky Valley Show (R) **5.40** Roary the Racing Car (R) **5.50** Hana's Helpline (R)

DIGITAL

BBC Three

7.00 Lanra Mvnln & Noah and the Whale @ Glastonbnry **8.00** Ben Howard & Maverick Sabre @ Glastonbnry **8.00** Two Door Cinema Club & Example @ Glastnbnry **10.30** Chase & Status Live @ Glastnbnry

BBC Four

7.00 Heritage! The Battle for Britain's Past **8.00** Oceans **9.00** Wallander: The Fifth Woman **10.50** Glastonbnry: Pindie Enemy

ITV2

4.30 **Film:** Star Wars: Episode II Attack of the Clones (2002) **1.15** **Film:** The Scorpion King (2002) **9.00** **Film:** Pitch Black (2000) **11.15** Lemon La Vida Loca **11.05** **Film:** 300 (2006)

ITV3

3.10 **Film:** Murder, She Wrote: The Last Free Man (2001) **5.00** **Film:** The Great St Trinian's Train Robbery (1966) **7.00** Agatha Christie's Marple **9.00** Agatha Christie's Poirot **11.00** Wire in the Blood

ITV4

3.10 Tour de France 2013 Live **4.30** British Touring Car Championship **5.00** The Sweeney **7.30** Tour de France 2013 Highlights **8.00** The Motorbike Show **9.00** Hell on Wheels **10.00** **Film:** Cliffhanger (1993)

F4

3.00 90210 **4.00** Rules of Engagement **6.00** The Big Bang Theory **7.00** The Mindy Project **7.30** Happy Endings **8.00** How I Met Your Mother **8.30** 2 Broke Girls **9.00** **Film:** Coming to America (1988) **11.20** The Inbetweeners

Film4

3.30 The Remains of the Day (1993) **5.15** The Hunt for Red October (1990) **8.00** Limitless (2011) **9.50** Sci fi thriller with Bradley Cooper **11.35** Scanners (1981)

SUNDAY'S TV 30.06.13

CHOICE

Michaie Buble

Michael Hable's Day Off ITV, 9pm

Suited and booted and preened to perfection with a voice that booms from here to the other side of Christmas, Michael Buble never fails to put on a show-stopping performance. But just for once, this isn't about his voice – it's all about his private life. Yes, Buble is allowing access into his life as he takes a day off in his hometown of Vancouver to spend time with his friends and family. Michael pays his 86-year-old grandpa a visit, and reminisces with his dad about the days and nights they used to spend out at sea, before preparing to attend his 20th high school reunion

BBC1

6.00 Breakfast **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Sunday Politics **12.10** Live Formula 1: British Grand Prix. Sir Michael Parry presents coverage of the eighth round of the season at Silverstone (Start-time 1.00pm), where Mark Webber took the honours last year. **3.30** A Question of Sport: A-Z (R) **4.00** Escape to the Country (R) **5.00** Songs of Praise **5.35** Spotlight. A bird's eye view of Europe (R)

8.35 **BBC News** Regional News, Weather

7.00 **Antiques Roadshow** Fiona Bruce and the team head to Chatsworth House in Derbyshire, where objects awaiting valuation include a tile commemorating one of the biggest dare-knuckle fights in history (R)

8.00 **Countryfile** John Craven visits the Lake District, where he makes a journey by steam train and rides a steamer on Lake Windermere. Plus, archive stories featuring cars, boats and bikes, including Weather for the Week Ahead

8.00 **Tln While Qnnen** Margaret Beaufort joins Warwick's rebellion against Edward, but when the uprising fails, the Gaiters run for their lives as Elizabeth and Jacquetta turn to witchcraft again

10.00 **BBC News,** Regional News, Weather

10.25 **Match of the Day Live** The Confederations Cup final (Kick-off 11.00pm). Gary Lineker presents all the action from the showpiece match at the Maracana in Rio de Janeiro, Brazil. Subsequent programmes are subject to change

1.35 Weatherview **1.36** BBC News

BBC2

6.00 This Is BBC Two **6.00** **Film:** Mr Lucky (1943) Romantic comedy drama, starring Cary Grant and Laraine Day **8.15** The A to Z of TV Gardening **8.00** Saturday Kitchen Best Bites **10.30** Meteo@: Weather for the Week Ahead. **12.05** EastEnders (R) **2.00** Live Athletics. The British Grand Prix. **5.00** Glastonbury 2013

7.00 **Peter Jnnna Nlnnle.** The Dragnet Dan star chats to the father and son who oversee high-street retail chain Timpson and meets the woman behind St Tropez self-tanning products. Last in the series.

8.00 **Top Gnnr** New series. Jeremy Clarkson and James May take part in a race between a car and a yacht in New Zealand and Richard Hammond tries out three of the latest hot hatches

9.00 **Mae nl the Dnad Nlnnals.** Iain Stewart examines the development of Ireland, which coalesced during the Permian Period and was formed by tectonic-plate collisions over millions of years. Last in the series.

10.00 **Glastonbury 2013** Jo Whiley, Mark Radcliffe and Lauren Laverne present coverage of the last day of the festival, with Mumford & Sons scheduled to headline the Pyramid stage

2.00 Sign Zone: Countryfile. The story of the smugglers who used to operate on Romney Marsh in Kent and whether bringing super fast broadband to the northern English countryside is worth the expense. (R) **3.00** Holby City: Ollie's erratic behaviour endangers a patient's life. (R) **4.00** This Is BBC Two Preview of upcoming programmes from BBC Two

ITV

6.00 CITV: Jake and the Neverland Pirates. **8.15** Jake and the Neverland Pirates. **8.25** Peppa Cat. **8.40** Peppa Cat. **8.50** Caninela. (R) **7.00** Caninela. (R) **7.10** Rookaniko. **7.20** Almost Naked Animals. (R) **7.35** Kick Buttowski: Suburban Daredevil. **8.00** Sindnrhan Dnreevil. **1.00** Kick Buttowski: Suburban Daredevil. **8.00** Sonny with a Chance. **8.25** ITV News. **8.00** Country House Sunday. **9.25** The Jeremy Kyle Show USA. (R) **10.20** Minder. She Wrote. (R) **11.20** ITV News Weather **11.25** Film: Sparkling Cyanide (1983) **1.20** Live Your Garden. (R) **2.20** A Touch of Frost. (R) **4.20** Yon've Been Framed! (R) **4.50** Film: Beethoven's 5th (2003)

6.35 **Ringlenall Programmn** Weather

6.45 **ITV News** Weather

7.00 **Tipping Point: Lucky Stars** With Coolio, Jenny Eclair and Matthew Wollenden

8.00 **The Cube: Celebrity Special** Olympic gymnast Louis Smith and TOWIE star Mark Wright take on the challenge in a bid to raise money for charity. Phillip Schofield hosts

9.00 **Michael Bnble n Day Off** The Canadian crooner gives a personal insight into his life as he takes a day off in his home town of Vancouver to spend time with his family and friends

10.00 **ITV News** Weather

10.15 **The Talnnt Shne Story** The chang ng role of the talent show host (R)

11.15 **Mindny: Sin Wrote:** Part two of two. Doctor reveals Seth was poisoned (R)

12.15 The Store. **2.15** Monk. (R) **3.00** Motorsport UK. **3.00** ITV Nightscreen. **5.00** The Jeremy Kyle Show (R)

CHANNEL 4

6.00 The Treacle Pennle. (R) **8.10** The Hoods. (R) **6.35** Ironnme 2013. **7.00** Wladser Triathlon. **8.00** Everybody Loves Raymond. (R) **8.30** Frasier (R) **9.00** Frasier (R) **9.30** Sunday Brunch. **12.25** The Big Bang Theory (R) **12.50** The Simpsons. (R) **1.20** The Simpsons (R) **1.50** Celebrity Come Dine with Me. (R) **2.55** Hollywood Me. (R)

3.60 Deal or No Deal. **4.00** Film: Fantastic Mr Fox. (2009)

8.35 **Channnl 4 Nnws**

1.00 **Terror in the Skies** Aeronautical engineer Brendan Walker looks at what happens when planes fly into hazards such as lightning, invisible wind shear, birds and volcanic ash. Last in the series

8.00 **The Secnd of Lincoln: Jnll. A Tinan Team Spnclal** As an archaeological dig at Lincoln Castle reveals new secrets about the horrors of early prisons, Tony Robinson traces the story of punishment over the course of a millennium

8.00 **The Rnlnmed** As Lena's mysterious scar grows, she is convinced Camille is behind it, while Jnlie rues not put up a fight when the police take Victor away. French supernatural thriller

10.00 **Film: Fnnctnm** (2007) A man shoots his wife confesses to the crime, and represents himself in court, where he demolishes the prosecution's case. Thriller starring Anthony Hopkins and Ryan Gosling

12.15 The Simpsons. (R) **1.05** Film: Chinnangnda The Crowning With (2012) **3.35** Location, Location, Location. (R) **4.30** Deal or No Deal. (R) **5.25** Countdown. (R)

CHANNEL 5

8.00 Milkshake! Peppa Pig **8.55** Roary the Racing Car (R) **9.15** Fifi and the Flowertots. (R) **9.25** Rabbids Invasion **9.35** The Mr Men Show (R) **9.40** Chloe's Closet **7.00** Rooster and Cricket Live. (R) **7.10** Bananas in Pyjamas (R) **7.20** Noddy in Toyland. (R) **7.30** Bert and Ernie's Great Adventures. (R) **7.40** City of Friends. (R) **1.50** Little Princess. (R) **8.00** The Adventures of Nellie Bly: Fall and Rise of a Friend Corley (R) **8.20** Milkshake! Monkey (R) **8.25** Angelina Ballerina. (R) **8.45** Rupert Bear (R) **8.00** Ben and Holly's Little Kingdom. (R) **8.15** Tolly's Travelling Circus. (R) **9.00** Roary the Racing Car (R) **9.45** Jelly Jamm. (R) **10.00** The Mr Men Show. (R) **10.15** Power Rangers Samurai. (R) **10.50** ThunderCats. (R) **11.15** Monkey Life. (R) **11.45** Big Brother. (R) **12.00** 24 HOTS: Rylan's Supersized Celebrity Sunday **2.00** Film: National Security (2003) **3.35** Film: Gremlins 2: The New Batch (1990) **5.40** Film: Lost in Space (1998)

7.55 **5 News Weekend**

8.00 **Drne Upon n Time.** Agitant goes on the rampage in Storybrooke

9.00 **Big Brnlhnr.** Daily round-up of highlights

10.00 **Film: Tnin Fyn** (2008) Premiere. Horror starring Jessica Alba

11.60 **Brnnd Palnnd** Chase Holzhauer and Jeremy Stein are called on to dispose of a suicide vest.

12.60 SuperCasino **4.00** Michaela's Wild Challenge (R) **4.20** Make It Big (R) **4.50** Roary the Racing Car (R) **5.00** Angels of Jarm. (R) **5.05** Hana's Helpline (R) **5.20** Angels of Jarm (R) **5.25** The Funky Valley Show (R) **5.40** Roary the Racing Car (R) **5.50** Hana's Helpline (R)

DIGITAL

BBC Three

7.00 Formula 1 British Grand Prix Highlights **8.00** Vampire Weekend & Jessie Ware @ Glastonbury **8.00** Editors & Laanie La Havas @ Glastonbnry **10.00** The xx Live @ Glastonbury **11.30** Russell Howard's Good News Extra

BBC Four

7.00 Britain's Natural World **7.10** The Raddats of Skomer **7.20** Film: She Wore a Yellow Ribbon (1949) **8.00** Rich Hall's You Can Go to Hell, I'm Going to Texas **10.30** Glastonbnry: Bobby Womack

ITV2

3.15 **Film:** Catwoman (2004) **5.15** **Film:** Star Wars: Episode III Revenge of the Sith (2005) **8.00** **Film:** Evan Almighty (2007) **10.00** The Only Way Is Essex **10.50** The Rich Texas **11.50** Phil's Kitchen

ITV3

3.45 Inspector Morse **5.55** Agatha Christie's Poirot **7.55** Lewis: The Inspector mysterious a student's murder **10.00** A Touch of Frost

ITV4

1.00 Tour de France 2013 Live **4.30** Dakar Rally: Frontline to Finish Line **5.30** Police, Camera, Action! **7.00** Tour de France 2013 Highlights **8.00** 20 Years of Champions League **10.00** **Film:** Species: The Awakening (2007)

F4

3.00 90210 **5.00** The Mindy Project **5.30** New Girl **6.00** The Big Bang Theory **7.30** How I Met Your Mother **8.30** Fllm: Hot Shots! Part Deux (1993) **10.15** The Inbetweeners **11.20** Don't Trust the B---- in Apartment 23 **11.50** Alan Carr: Chatty Man

Film4

3.15 Black Knight (2001) **4.55** The Battles of St Trinian's (1954) **6.50** Grease (1978) **9.00** Unknown (2011) **11.15** The Spirit of '45 (2013)

Monday

BBC1 5.00 Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 The Specials. 11.30 Escape to the Country (R) 12.15 Bargain Hunt. 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Wimbledon 2013 Live coverage of the seventh day's play at the All England Club 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Fake Britain (R) BBC News, Regional News 8.00 EastEnders. Kirsty begs Mick to take her back. 9.30 The Truth About Pills and Pregnancy Panorama 10.00 New Tricks. (R) 10.00 BBC News. 10.25 Regional News Weather 10.35 Have I Got Olf News for You. (R) 11.05 Live at the Apollo (R) 11.35 The Graham Norton Show. (R) 12.20 Weatherwise 12.25 BBC News.

BBC2 6.00 This Is BBC Two 6.05 Homes Under the Hammer (R) 7.00 The Saints and Scroungers (R) 7.55 Her Hunters (R) 8.20 Sign Zone Don't Get Done, Get Dom (R) 9.05 Ice Age Giants (R) 10.05 Country Show Cook Off (R) 10.35 HARDtalk (R) 11.00 BBC News 11.30 Daily Politics 12.30 Wimbledon 2013 Featuring the ladies' singles quarter-finals 4.20 Her Hunters. (R) 5.05 Flog It! (R) 5.50 Wimbledon 2013 Further live coverage from the All England Club. 8.00 Today at Wimbledon 9.00 The Route Masters: Running London's Roads 10.00 The Sarah Millican Television Programme (R) 10.30 Newsnight Weather 11.20 Film Cold Mountain. (2003) Period drama, starring Nicole Kidman and Jude Law 1.45 Sign Zone The Apprentice. (R) 2.45 This Is BBC Two 4.00 BBC Learning Zone.

ITV 5.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel 1.30 ITV News, Weather 1.55 ITV News London Weather 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather 4.00 Tipping Point (R) 5.00 The Chase 6.00 ITV News London Weather 6.30 ITV News, Weather 7.00 Emmerdale. 7.30 Coronation Street 8.00 The Dales 8.30 Coronation Street 9.00 Long Lost Family. 10.00 ITV News at Ten Weather 10.30 ITV News London Weather 10.35 Benidorm. (R) 11.05 Monk. (R) 12.00 Jackpot247 3.00 The Jeremy Kyle Show (R) 3.55 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 5.10 The Hoobs (R) 6.35 Grace (R) 7.30 According to Jim (R) 7.55 Everybody Loves Raymond (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Secret Millionaire USA. 11.00 Double Your House for Half the Money (R) 12.00 Channel 4 News Midday Summary 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.35 River Cottage Veg Heroes (R) 1.05 Kirstie's Handmade Treasures. (R) 1.15 Film Very Important Person. (1961) Second World War comedy, starring James Robertson Justice 3.10 Countdown 4.00 Deal or No Deal 5.00 Grendan's Magical Mystery Tour 5.30 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News. 7.55 4thought.tv 9.00 The Prince and His Secret Properties Channel 4 Dispatches Special 9.30 Food Unwrapped 10.00 Undercover Boss 11.00 The Greatest Shows on Earth. 11.05 Coming Up 11.40 Random Acts. 11.45 Child Genius (R) 12.50 Eye Spy (R) 1.45 Beauty & the Beast: Ugly Face of Prejudice. (R) 2.40 Secret Eaters (R) 3.35 Location, Location, Location (R) 4.30 Deal or No Deal (R) 5.25 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Gibraltar: Britain in the Sun (R) 12.10 5 News Lunchtime. 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours. 2.15 NCIS (R) 3.15 Film Picking Up and Dropping Off (2003) Romantic comedy with Scott Wolf and Amanda Detmer 5.00 5 News at 5. 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Classic Car Rescue. (R) 5 News Update 8.00 The Gadget Show 5 News at 9. 9.00 The Town the Travellers Took Over. 10.00 Big Brother 11.00 Big Brother's Bit on the Side 12.00 CSI Crime Scene Investigation (R) 12.55 SuperCasino. 3.55 HouseBusters (R) 4.20 House Doctor (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 5.00 Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 The Specials. 11.30 Escape to the Country (R) 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Wimbledon 2013 Live coverage of the ladies' singles quarter-finals 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders. Michael struggles to remain impartial as his patient Seb deteriorates. BBC News, Regional News 9.00 Holby City (R) 10.00 Father New series. The maverick cop searches for a copycat killer 10.00 BBC News. 10.25 Regional News, Weather National Lottery Update 10.35 Imagine – McCullin 12.10 Weatherwise 12.15 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 The Specials (R) 7.55 Her Hunters (R) 8.20 Sign Zone Don't Get Done, Get Dom (R) 9.05 Ice Age Giants (R) 10.05 Country Show Cook Off (R) 10.35 HARDtalk (R) 11.00 BBC News 11.30 Daily Politics 12.30 Wimbledon 2013 Featuring the ladies' singles quarter-finals 4.20 Her Hunters. (R) 5.05 Flog It! (R) 5.50 Wimbledon 2013 Further live coverage from the All England Club. 8.00 Today at Wimbledon 9.00 The Route Masters: Running London's Roads 10.00 The Sarah Millican Television Programme (R) 10.30 Newsnight Weather 11.20 Film Cold Mountain. (2003) Period drama, starring Nicole Kidman and Jude Law 1.45 Sign Zone The Apprentice. (R) 2.45 This Is BBC Two 4.00 BBC Learning Zone.

ITV 6.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel 1.30 ITV News Weather 1.55 ITV News London Weather 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather 4.00 Tipping Point (R) 5.00 The Chase 6.00 ITV News London Weather 6.30 ITV News, Weather 7.00 Emmerdale. 7.30 Coronation Street 8.00 The Dales 8.30 Coronation Street 9.00 Long Lost Family. 10.00 ITV News at Ten, Weather 10.30 ITV News London Weather 10.35 A Very British Appeal 50 Years of the Disasters Emergency Committee. 11.35 In Plain Sight. 12.20 Jackpot247 3.00 In Plain Sight. (R) 3.50 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 5.10 The Hoobs (R) 6.35 Grace (R) 7.30 According to Jim (R) 7.55 Everybody Loves Raymond (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Secret Millionaire USA. 11.00 Double Your House for Half the Money (R) 12.00 Channel 4 News Midday Summary 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.35 River Cottage Veg Heroes (R) 1.10 Film The Thirty-Nine Steps. (1978) Thriller starring Robert Powell 3.10 Countdown 4.00 Deal or No Deal 5.00 Grendan's Magical Mystery Tour 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News. 7.55 4thought.tv 9.00 Gok Live Shopping for Summer 9.00 Child Genius. 10.00 Dates. 10.35 999: What's Your Emergency? (R) 11.35 Random Acts. 11.40 The Greatest Shows on Earth (R) 12.40 Poker 1.40 KOTV Boxing Weekly. 2.05 Sailing America's Cup Discovered. 2.35 Beach Volleyball 3.30 VW Racing Cup (R) 4.00 The Grid (R) 4.25 Ironman 2013 (R) 4.55 Windsor Triathlon (R) 5.59 SuperSchemers. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Eddie Stobart, Trucks and Trailers. (R) 12.10 5 News Lunchtime. 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours. 2.20 CSI: NY (R) 3.05 Film Mary Higgins Clarks Lucky Day (2002) Thriller starring Amanda Donohoe 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Monkey Life (R) 7.30 Highland Emergency An injured teenager and a 59-year-old man are rescued; (R) 5 News Update 8.00 Gibraltar: Britain in the Sun 9 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 Big Brother 11.00 Big Brother's Bit on the Side. 12.00 CSI: Miami. (R) 12.55 SuperCasino. 3.55 HouseBusters (R) 4.20 House Doctor (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 5.00 Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 The Specials. 11.30 Escape to the Country (R) 12.15 Bargain Hunt. 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Wimbledon 2013 Live coverage of the men's singles quarter-finals. 6.00 BBC News Weather 6.30 Regional News Programmes, Weather 7.00 The One Show. 7.30 Rhys Jones's Wildlife Patrol BBC News, Regional News 8.00 Your Money Their Tricks. New series. Consumer reports exposing dodgy companies 9.00 The Apprentice. 10.00 BBC News. 10.25 Regional News, Weather National Lottery Update 10.35 A Question of Sport. With Neil Lennon, James Anderson, Shelley Rudman and Ryan Hall. 11.05 Life Savers. (R) 12.05 Weatherwise 12.10 BBC News

BBC2 6.00 Homes Under the Hammer (R) 7.00 The Specials (R) 7.30 Her Hunters (R) 8.15 Sign Zone Don't Get Done: Get Dom (R) 9.00 Helicopter Heroes Down Under (R) 9.30 The Queen: A Passion for Horses (R) 10.30 Country Show Cook Off (R) 11.00 BBC News 11.30 Daily Politics 1.00 HARDtalk (R) 2.00 Wimbledon 2013 Featuring the men's singles quarter-finals 4.20 Her Hunters. (R) 5.05 Flog It! (R) 5.50 Wimbledon 2013 Coverage from the All England Club. 9.00 Today at Wimbledon 9.00 Horizon - What Makes Us Human? 10.00 The Apprentice: You're Fired 10.30 Newsnight Weather 11.20 The Route Masters: Running London's Roads (R) 12.20 Sign Zone Horizon: How to Avoid Mistakes in Surgery. (R) 1.20 This Is BBC Two 4.00 BBC Learning Zone

ITV 6.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel 1.30 ITV News Weather 1.55 ITV News London, Weather 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather 4.00 Tipping Point. (R) 5.00 The Chase. 6.00 ITV News London Weather 6.30 ITV News, Weather 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Me and My Guide Dog. 9.00 Love and Marriage. 10.00 ITV News at Ten, Weather 10.30 ITV News London Weather 10.35 Joanna Lumley's Nile. (R) 11.35 The Jeremy Kyle Show. 12.20 Film Columbo: No Time to Die. (1992) Crime drama starring Peter Falk. 4.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 5.10 The Hoobs. (R) 6.35 Grace (R) 7.30 According to Jim (R) 7.55 Everybody Loves Raymond (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Secret Millionaire USA. 11.00 Double Your House for Half the Money. (R) 12.00 Channel 4 News Midday Summary 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.35 River Cottage Veg Heroes. (R) 1.10 SuperSize Me. (2004) Documentary. 3.10 Countdown 4.00 Deal or No Deal 5.00 Grendan's Magical Mystery Tour 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News. 7.55 4thought.tv 9.00 Compare Your Life. 9.00 First Dates 10.00 Eye Spy 11.05 24 Hours in A&E (R) 12.10 Random Acts 12.15 Terror in the Skies (R) 1.10 Why Am I Still Single? First Cut (R) 2.05 Food Unwrapped (R) 2.35 The Prince and His Secret Properties. Channel 4 Dispatches Special (R) 3.30 Location, Location, Location (R) 4.25 Deal or No Deal (R) 5.20 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Cowboy Traders (R) 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours. 2.15 CSI: NY (R) 3.05 Film. The Incident (1990) Second World War courtroom drama, starring Walter Matthau 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Paul Merton in India. (R) 5 News Update 8.00 Emergency Bikers (R) 5 News at 9. 9.00 NCIS 10.00 Big Brother 11.00 Big Brother's Bit on the Side 12.00 National Hearts Up Poker Championship 1.00 SuperCasino. 3.55 HouseBusters (R) 4.20 House Doctor (R) 4.45 Divine Designs. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 5.00 Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 The Specials. 11.30 Escape to the Country (R) 12.15 Bargain Hunt. (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Wimbledon 2013 Live coverage of the ladies' singles semi-finals. 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show. 7.30 EastEnders Ian's involvement of Jean prompts her fiance and Shirley to take revenge. BBC News, Regional News 9.00 Waterloo Road Kyle Slack turns up at the school. Last in the series 9.00 Summer's Supermarket Secrets 10.00 BBC News 10.25 Regional News Weather 10.35 Question Time 11.35 This Week 12.20 Holiday Weatherwise 12.25 BBC News.

BBC2 6.00 This Is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 The Specials (R) 7.35 Her Hunters (R) 8.00 Sign Zone Don't Get Done, Get Dom. (R) 9.05 Peter Jones Meets (R) 10.05 Country Show Cook Off. (R) 10.35 HARDtalk (R) 11.00 BBC News. 11.30 Daily Politics. 12.30 Wimbledon 2013. The opening live coverage from the outside courts on day 10. 3.35 Hury Bikers: Best of British (R) 4.20 Her Hunters (R) 5.05 Flog It (R) 5.50 Wimbledon 2013. Further live coverage from the All England Club. 8.00 Today at Wimbledon 9.00 Who Were the Greeks? 10.00 Mock the Week 10.30 Newsnight Weather 11.20 Horizon: What Makes Us Human? (R) 12.20 Sign Zone The Truth About Pills and Pregnancy Panorama (R) 12.50 This Is BBC Two 4.00 BBC Learning Zone

ITV 6.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel 1.30 ITV News Weather 1.55 ITV News London, Weather 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather 4.00 Tipping Point (R) 5.00 The Chase. 6.00 ITV News London Weather 6.30 ITV News, Weather 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Me and My Guide Dog. 9.00 Love and Marriage. 10.00 ITV News at Ten, Weather 10.30 ITV News London Weather 10.35 Joanna Lumley's Nile. (R) 11.35 The Jeremy Kyle Show. 12.20 Film Columbo: No Time to Die. (1992) Crime drama starring Peter Falk. 4.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 5.10 The Hoobs. (R) 6.35 Grace (R) 7.30 According to Jim (R) 7.55 Everybody Loves Raymond (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Secret Millionaire USA. 11.00 Double Your House for Half the Money. (R) 12.00 Channel 4 News Midday Summary 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.35 River Cottage Veg Heroes. (R) 1.10 SuperScrimpers 2.05 Film Very Important Person. (1961) Second World War comedy, starring James Robertson Justice 3.10 Countdown 4.00 Deal or No Deal 5.00 Grendan's Magical Mystery Tour 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News. 7.55 4thought.tv 9.00 The Prince and His Secret Properties. Channel 4 Dispatches Special (R) 9.30 Location, Location (R) 10.30 Hoarders (R) 11.30 Random Acts 11.40 First Dates (R) 12.45 Music on 4 Mercury Prize Sessions Alunageorge 12.55 One Born Every Minute USA 1.45 Film Holy Man (1998) Satirical comedy starring Eddie Murphy 3.35 Location, Location, Location (R) 4.30 Deal or No Deal (R) 5.25 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Classic Car Rescue (R) 12.10 5 News Lunchtime 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours. 2.15 CSI: Miami (R) 3.15 Film: Murder 101 It Wishes Were Heroes (2007) Mystery starring Dick Van Dyke 5.00 5 News at 5. 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 The Hotel Inspector (R) 5 News Update 8.00 Cowboy Traders 9 News at 9. 9.00 21 and 31 Tell Extraordinary People A man who has paranoid delusions 10.00 Big Brother 11.00 Big Brother's Bit on the Side 12.00 SuperCasino 3.55 HouseBusters (R) 4.20 House Doctor (R) 4.45 Divine Designs (R) 5.10 Michaela's Wild Challenge (R)

Friday

BBC1 5.00 Breakfast 9.15 Crimewatch Roadshow 10.00 Homes Under the Hammer (R) 11.00 The Specials. 11.30 Escape to the Country (R) 12.15 Bargain Hunt. 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Wimbledon 2013 Featuring the men's singles semi-finals 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 A Question of Sport. (R) BBC News, Regional News. 8.00 EastEnders. Ian finds the restaurant trashed and assumes Carl was behind it 9.30 Sherlock. Holmes meets his match while investigating a case of blackmail (R) 10.00 BBC News 10.25 Regional News Weather National Lottery Update. 10.35 The Graham Norton Show. 11.25 Film: Old School (2003) Comedy, starring Luke Wilson and Will Ferrell. 12.50 Weatherwise 12.55 BBC News.

BBC2 6.00 Homes Under the Hammer (R) 7.00 The Specials. (R) 7.30 Her Hunters. (R) 9.15 Sign Zone: Don't Get Done Get Dom. (R) 9.00 Antiques Roadshow (R) 10.00 Question Time (R) 11.00 BBC News 11.00 Daily Politics 12.30 Wimbledon 2013. The opening live coverage on men's singles semi-finals day 3.35 Hury Bikers: Best of British (R) 4.20 Her Hunters (R) 5.05 Flog It. (R) 5.50 Wimbledon 2013. Further coverage from the All England Club. 8.00 Today at Wimbledon 9.00 Wild Shepherdess with Kate Humble Kate heads to Australia to work on a sheep station in the Outback. Last in the series 10.00 Qi (R) 10.30 Newsnight Weather 11.05 Glastonbury 2013 Highlights 1.05 Sign Zone Question Time. (R) 2.05 This Is BBC Two.

ITV 5.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show 10.30 This Morning. 12.30 Let's Do Lunch with Gino & Mel 1.30 ITV News Weather 1.55 ITV News London, Weather 2.00 The Hungry Sailors. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather 4.00 Tipping Point (R) 5.00 The Chase 6.00 ITV News London Weather 6.30 ITV News, Weather 7.00 Emmerdale. 7.30 Coronation Street 8.00 Nature's Lives. 8.30 Coronation Street 9.00 Britain's Secret Homes. 10.00 ITV News at Ten Weather 10.30 ITV News London Weather 10.35 Film Notting Hill (1999) Romantic comedy starring Julia Roberts and Hugh Grant 12.50 Jackpot247 3.00 Film Sixty Six (2007) Coming-of-age family drama, with Gregg Sulkin. 4.30 ITV Nightscreen.

Channel 4 5.10 The Hoobs (R) 7.05 Will & Grace (R) 7.30 According to Jim (R) 7.55 Everybody Loves Raymond (R) 8.25 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Secret Millionaire USA. 11.00 Double Your House for Half the Money (R) 12.00 Channel 4 News Midday Summary 12.05 Gordon Ramsay's Ultimate Cookery Course (R) 12.35 River Cottage Veg Heroes. (R) 1.10 SuperScrimpers. 1.20 Film. The Arithmetic Chicken (1957) Comedy starring Kenneth More 3.10 Countdown 4.00 Deal or No Deal 5.00 Grendan's Magical Mystery Tour 5.30 Come Dine with Me 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News. 7.55 4thought.tv 9.00 Four Rooms. 9.00 The Million Pound Drop Live. 10.00 StoneShop. 11.00 Trojan Donkey. 11.40 8 Out of 10 Cats Does Best Bits. 12.10 The Simpsons (R) 12.35 Random Acts. 12.40 The Million Pound Drop Live (R) 2.10 New Girl 2.30 The Mimsy Project. 2.50 Accidentally on Purpose (R) 3.10 Location, Location, Location (R) 4.05 Deal or No Deal. (R) 5.00 Countdown (R) 5.45 Kirstie's Handmade Treasures (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Emergency Bikers. (R) 12.10 5 News Lunchtime. 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours. 2.20 The Mentalist. (R) 3.20 Film. Circle of Friends. (2006) Mystery starring Julie Benz. 5.00 5 News at 5. 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Paul Merton in India. (R) 5 News Update 8.00 Eddie Stobart, Trucks and Trailers. (R) 5 News at 9. 9.00 Big Brother Live Eviction Another housemate gets the hoot. 10.30 Big Brother's Bit on the Side 11.30 Big Brother Live from the House 12.00 SuperCasino. 3.55 Motorsport Mumbai 4.20 House Doctor (R) 4.45 Divine Designs. (R) 5.10 Michaela's Wild Challenge (R)

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Asian Curry Awards open for nominations

LOVERS of Asian food now can nominate their favourite restaurants for the third Asian Curry Awards (ACA) The awards are open to all Indian and Asian restaurants in Britain

Following 11 regional heats across the country the winners will be announced at a high profile, glittering award dinner being held at the Grosvenor House Hotel on Park Lane in London on Sunday 17th November 2013. There will also be awards for the Asian and Oriental Chef of the Year and Young Chef of the Year.

The Awards are a joint initiative from the Federation of Bangladeshi Caterers (FoBC) and the Asian Caterers Federation (ACF) A mail shot has been sent inviting over 7,000 restaurateurs, whose origins are from across the Indian sub continent and South East Asia to take part

"These awards recognise the huge successes made by business owners across the whole of the curry industry and ensure that the key players are lauded for their achievements," said Yawar Khan, Chairman of the ACA, who added, "Every restaurateur has a unique background and story – awards reflect a lifetime of work, honouring the dedication and commitment of people who ensure continued vibrancy and growth in the sector."

Nominations forms maybe downloaded from the ACA website asiancurryawards.co.uk. The closing date for nominations for Chef of the Year categories is 31st July Other categories close on 30th September Short listed candidates will be announced online, with regional finalists being invited to attend a local cook off to be judged by a panel of industry experts and celebrity curry lovers

Competing chefs will be invited to prepare a signature and judged on criteria of innovation, technical skill, nutritional value, food hygiene, creativity and, of course, taste

From these, a shortlist will be drawn with winners selected by FoBC and ACF consultants and industry experts

The Young Restaurateur of the Year Award for business owners under the age of 30 is designed to recognise concepts of entrepreneurship, innovation and motivation, vision and work hard.

The Awards are also designed to encourage our young people to the restaurant industry and to motivate those already in the profession to set sights higher

The full list of award categories is

- Regional/National Restaurateur of the Year
- Regional/National Takeaway of the Year
- Young Restaurateur of the Year (under 30)
- Business Woman of the Year
- Best South Asian Restaurant
- Best Asian & Oriental Restaurant (UK)
- Best Asian & Oriental Restaurant (International)
- Best Asian Takeaway
- Newcomer of the Year (restaurants established less than 3 years)
- Businesswoman of the Year
- Asian & Oriental Chef of the Year
- Asian & Oriental Young Chef of the Year (under 25)

Game, Stilton, Match!

WAITROSE is serving up a tennis-themed treat just in time for Wimbledon. From Monday 24th June the new and exclusive Creamy White Stilton with Strawberries arrives in store, as shoppers get into the swing of most famous British sporting event

In a supermarket first, Waitrose has matched the classic Wimbledon combination of strawberries and cream with a rich, white stilton. Enjoyed simply on crackers with a glass of fizz, it's an ideal accompaniment to watching the players battle it out on court

Waitrose Cheese Buyer, Nicola Plummer says: "We think our new Wimbledon inspired cheese is a stroke of genius. Wimbledon is a great British event and our customers really enjoy getting into the swing of it over the fortnight. We think they will love our new and unusual cheese, even if they don't live anywhere near SW19!

Made in the village of Cropwell Bishop, with an abundance of strawberries pieces, this fruity mild white stilton is a rich and indulgent treat

Jacob's Creek serves up party tips for a successful game, set and match

AS WIMBLEDON FEVER hits town, iconic Australian wine brand, Jacob's Creek is offering tips to serve up a grand slam summer get-together for both sport and non-tennis fans alike. As the official wine sponsor of Wimbledon, Jacob's Creek is here to help you ace your own Wimbledon party as you celebrate one of the nation's most exciting social events

Drink.

Cocktails are bang on-trend this summer, with 87% of us regularly drinking them. Jacob's Creek has created a range of light and refreshing wine cocktails to spritz up your summer occasions. Each recipe has been specifically developed to highlight the character of the Jacob's Creek wine used as a base in the cocktail. Enjoy!

1. Centre Court Spritzer – sup up your spritzer
125ml Riesling, 10ml elderflower liqueur, 60ml soda water, ice, lemon and lime pieces

2. Grass Court Cooler – the wine equivalent of a Mojito
125ml Sauvignon Blanc, 35ml apple juice, 35ml lemonade, ice and lots of mint

3. Match Point Mimosa – bringing a touch of pink to summer
125ml Shiraz Rose, 35ml orange juice, 35ml lemonade, ice and a slice of orange

4. 15-Love – like Sangria only better
125ml Shiraz Cabernet, 35ml Cranberry, 35ml Lemonade, ice and a slice of orange

5. Base Line – lip-smacking refreshment in a glass
125ml Riesling, 10ml lime cordial, 60ml lemonade, ice and lime wedge

Discover

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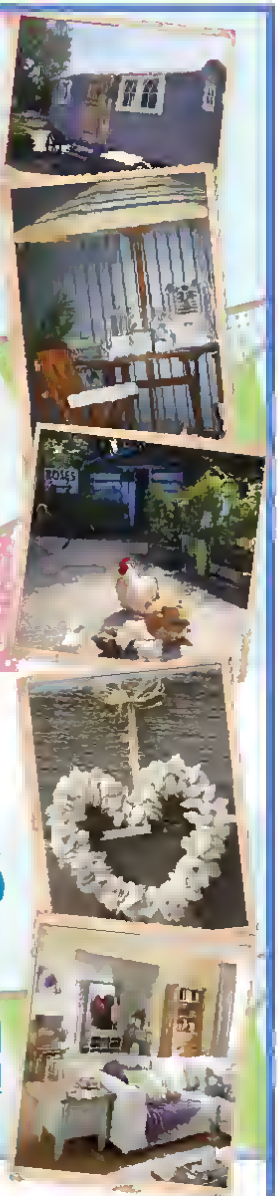

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Add some fennel to your food for some extra zing!

Denise Kelly

I LOVE the taste of fennel, and not only does it add flavour and crunch to your food, fennel puts your immune system into action too! This plant has its popularity from Italian and Mediterranean cuisine and has an appealing appearance with white to pale green bulbs and long green stalks reaching upwards.

Fennel is closely related to parsley, carrots, dill and coriander, which shows it's ties to some very healthy plants. You can actually eat the bulb, stalk, leaves and seeds of this nutritious herb. Best of all, fennel has the power to blend well or enhance the flavor of other foods.

Did you know its been held in high esteem in ancient Greece to enhance longevity, strength and courage. During medieval times, it was used to ward off witchcraft and spells, but (I think) it just protects your health and therefore seemed to have "magical" powers. I think part of the reason for its popularity from ancient times to present day is its ability to grow in average soil from easily propagated seeds. The stalks are bountiful and grow on mass reaching up to five feet and the bulb of the fennel plant was prized for its flavour as well as its medicinal value.

Fennel is an excellent source of vitamin C, folate, potassium and dietary fiber. With only 27calories per cup (and zero cholesterol) fennel is one of the best antioxidant and anti inflammatory foods on the planet and also fennel is "carminative", which means it prevents formation of gas in the intestinal tract. This can be useful for both adults and children.

The health benefits are really incredible as fennel can be used to treat flatulence, bloating, indigestion, irritable bowel syndrome, hypertension, low milk production in nursing women, premenstrual syndrome, bad breath, sinus congestion and chronic coughs. Grown throughout Europe, and the near east since ancient times, its medicinal uses have been well documented. Today, the United States, France, India and Russia are the leading cultivators of fennel, making it available at most supermarkets.

The recipes for fennel are endless as are its health benefits, you could try to saute with onions, use in a salad, braise them to accompany a main dish or toss some in olive oil for pasta dishes. You can use all parts of the plant, chop the leaves to add flavor to potato salad, cream sauces, and garnish a soup or stew. The bulb can be eaten raw in salads adding both flavour and crunch or it is great in all kinds of braised meat dishes and as flavouring for a hulkon soup.

Add it today and know you are kicking that immune system into touch!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

Floss before bed!

Using dental floss helps to prevent gum disease by removing pieces of food and plaque from between the teeth. If it's left to build up you might notice sore or bleeding gums, and studies have shown links between a build up of dental plaque and heart disease, Alzheimers, diabetes, strokes and lung disease.

Mum's the word - for a daughter's beauty tips

WOMEN STEAL up to two dozen style and beauty tips – from their mums, it has been revealed. Researchers found mum is the major style influence for millions of women, who take on board hints, tips and habits passed on to them over the years.

Among the most common pieces of advice women take on board from mum are blending in make-up around the jawline, never showing too much cleavage and always carrying a spare pair of tights.

Investing in a good handbag was another pearl of wisdom mums passed down to their daughters.

Also on the list was to always sit up straight, avoid sun exposure, invest in good quality skincare products and the age old adage that 'less is more'.

Only pluck below the eyebrow, use tissue to blot lipstick to make it last and highlight eyes or lips – not both – are also tricks of the trade handed down through generations.

The poll by Lancôme, to promote the launch of their new Advanced Genifique serum, also found girls start to take on their mothers fashion and beauty tips between the ages of 11 and 20.

A spokeswoman for Lancôme said: "It's heartening mothers and daughters share a similar style.

"Most women have a genuine interest in fashion and beauty and it's nice grown women are still chatting to their mum about what products they're using and what suits them.

"We inherit so much from our mothers they are always going to be the most trustworthy person to turn to, and on the whole women tend to have a similar skin tone, body shape and colouring as their mother, so who better to speak to.

"Many women look to their mums as a gauge to see how they are going to age which is very interesting as our scientists have devoted years to the study of Genes and their role in youth and beauty."

The study also found women trust their mum's opinion more than a celeb style expert, and a third of the 2,000 females polled even admitted they totally rely on their mum for advice.

More than half of women always run a new outfit choice past their mum to see what she thinks, and 30% said they wouldn't wear it if their mum didn't approve.

But a whopping 90% of those polled said their mum does exactly the same with them and they return the favour.

Mums often share in the style too – one quarter of girls share handbags with their mum, 15% regularly swap make-up and one in five regularly switch perfume and skincare products.

But it's not just mum's knowledge women apply to themselves, as 14% said they also steal pearls of wisdom from their grandmothers too.

By contrast, exactly a third of females said they don't rate their mother in-laws opinion at all.

The research also found 52% of women adopt the same skincare routine as their mum, and 29% look after their hair in the same way as mum.

More than one in 20 females even confessed they have exactly the same style as their mother, and 25% said they have similar elements.

Most women polled described their mums style as casual and laidback although a quarter said her mum favoured a more classic and elegant look.

One in ten women went as far to say they were jealous of their mums overall image.

Of those polled, 26% said they hope to look as good as their mum does when they get to the same age, although 23 said it was a dead cert because they have the same genes.

A spokeswoman for Lancôme's new Advanced Genifique serum added: "The genes a woman shares with her mother have a lot to with how she ages.

"However you can't just rely on your mum looking young to ensure you will age in the same way, you still have to adopt a good skin care regime and invest in good quality products.

"Our Scientists have devoted years of research to skincare and beauty, and have identified a protein profile specific to young skin and are able to recognise specific genes that contribute to skin's youthfulness."

Top tips from mum

- Always remove make-up before bed
- Moisturise all the way down to your neck
- Wear properly fitting bras
- Never pluck above your eyebrow
- Less is more
- Always apply sun screen
- Never shave your legs above your knee
- Blend in foundation well around the jaw
- Never get a tattoo
- Not to wash your hair everyday
- Sit up straight to avoid a hunch back
- Never wear a black bra under a white top
- Don't sit in the sun
- Invest in a good face cream
- Always iron your clothes
- Never show cleavage and legs – show one or the other
- Don't use soap on your face
- Always carry a spare pair of tights
- Blot lipstick to make it last longer
- Always carry a handkerchief
- Don't dye your hair lighter than your brows
- If investing money shoes or bag opt for a classic style
- Emphasise eyes or lips with make-up, not both
- Do a final hair rinse with cool water
- Pat your face with a towel, never rub
- Must have a good LBD for funerals and meetings
- Invest in a pair of black heels
- Never wear an ankle bracelet
- Go a day a week without make-up
- No matter what always wear lipstick and mascara

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Doting celebrity dads - David Walliams top of the pops

Britain's Got Talent judge David Walliams has officially been hailed as the nation's best-loved celebrity dad. The telly funnyman, 41, became a father for the first time last month when Dutch model wife Lara Stone gave birth to their son Alfred.

Former Little Britain star Walliams beat singer Robbie Williams to claim the title.

Ex-Take That star Williams, 39, is dad to daughter Theodora, born to his wife Ayda Field on October last year.

Double Olympic gold medallist Mo Farah, who became a dad to twins Aisha and Amani in August 2012 with new wife Tania Nell, was third in the Doting Dad poll of 2,000 mums by parenting website Bounty.

Lisa Penney, spokeswoman for the Bounty 'Celebrity Doting Dad Award' said: "We are thrilled David has won.

"Famous dads are often hailed as being the nation's favourites simply because of their celebrity status and good looks – and not necessarily because of their personality or parenting skills.

"Everyday mums no doubt warm to David as he clearly doesn't take himself or his fame too seriously and along with his wife Lara, seems to have a down-to-earth, fun approach to life, managing to keep their relationship and new baby as private as possible."

London-born Walliams was hailed for his warm personality, comedy genius and huge success as a children's author.

Other celebrity dads to make the top ten were Elton John, Miranda star, Tom Ellis, Jack Osbourne, Chris Evans, Hugh Grant, Mark Owen and Jamie Cullum.

Prominent celebrity dads who missed out were Guy Ritchie and Alex Reid.

Top Five Celeb Dads

1. David Walliams – Alfred (born May 2013)
2. Robbie Williams – Theodora (Teddy) (born October 2012)
3. Mo Farah – Aisha and Amani (born August 2012) and Rihanna (step daughter) aged eight
4. Elton John – Elijah (born January 2013) and Zachary, aged two
5. Tom Ellis – Marnie Mae (born August 2012) and Florence, aged four

Debenhams uses un-airbrushed lingerie images

DEBENHAMS has broken ranks with the rest of the high street by using un-airbrushed lingerie photography.

This is not the first time Debenhams has shown its commitment to promoting positive body image – the store has run trials with size 16 mannequins in windows, worked with disabled models and paralympians.

This move is just another step which highlights the responsible retailer's long-standing commitment to encouraging positive body image through minimal digital retouching and is an extra element to Debenhams' inclusivity campaign.

The use of some digital photography techniques to create unrealistic body shapes and flawless skin can make men and women feel more insecure about their natural looks and size.

The retailers campaign is all about making women feel fabulous about themselves rather than crushing their self-esteem by using false comparisons.

Says Sharon Webb, Head of Lingerie buying and design for Debenhams: "We want to help customers feel confident about their figures without bombarding them with unattainable body images.

"As well as being a positive from a moral point of view, it ticks the economic boxes as well. Millions of pounds a year are spent by organisations retouching perfectly good images.

"As a rule we only airbrush minor things like pigmentation or stray hair and rely on the natural beauty of models to make our product look great.

Caryn Franklin, fashion commentator and co-founder of All Walks Beyond the Catwalk, says: "Fashion and beauty imagery that is honest, is absolutely crucial for all women to see. Retailers have the power to take a stance on digital manipulation, so, I'm delighted that Debenhams has taken the lead here and customer feedback will no doubt validate this important step."

70% of women and 40% of men report that they have felt pressure from television and magazines to have a perfect body image.

Horoscopes

Horoscopes from Kimi
28th June – 1st July

Aries

You will need to utilize your people skills this week when dealing with colleagues and peers. You feel someone is feeding you a line but in fact they may be just misinformed so treat them with diplomacy but what they say with caution. You may feel you are giving more than your partner don't feel aggrieved their turn will come.

Taurus

Feeling a little bit of a square peg in a round hole this week? Or perhaps you have been feeling this way for some time. You now realize that maybe you just have to make too many personal sacrifices to fit in. Try to be true to yourself and if people don't like it then it's their loss.

Gemini

Emotionally you are sitting at the top of the roller coaster looking at the big drop and understandably are quite fearful. But remember after the drop comes the exhilarating rise. Stick with the plan, maintain your confidence and all should be well. If single remember you are not so much two timing as checking out your options.

Cancer

This is a week for treading water, don't rush into anything too quickly on either the domestic or career front. Better to let things unfold naturally and then you can make a more informed decision on where you are going. Try to spend a little more time with those that have your heart, they need to know you care!

Leo

Don't get involved in petty arguments this week, whatever the temptation. If you really have to make a stand and put your head above the parapet. Leave others to fight their own battles. There could be some misunderstanding with a loved one this week. Remember to annunciate your feelings, not everyone reads minds!

Virgo

Your future may be in the lap of the gods but your present is and should be firmly under your control. You will need to be proactive this week and not just sit back and let things happen. Because remember the devil makes work for idle hands! Time to reenergize your partnerships by shaking things up a little!

Libra

Headless chicken springs to mind this week. Don't be one. You cannot do everything. You may have to make sacrifices or compromises in one area of your life in order to devote time to another. So prioritize. A declaration of love or something that closely resembles one may be made this week. This will both shock and delight.

Scorpio

You can't quite believe your luck. You could be invited into that exclusive club you have always wanted to be part of. You are now moving amongst the big boys. This has little to do with luck and everything to do with your strengths. Try to hang on to that thought as you rub shoulders with the movers and shakers!

Sagittarius

Domestic issues are at the forefront of your mind this week. It's decision time. You cannot put things off any longer. So stop procrastinating, gather your thoughts, catalogue the information you have and act. A word of caution, the scientific approach is good but when dealing with the affairs of the heart remember the heart!

Capricorn

Last week was all about listening this week you need to talk. It may be at work or home but at some point this week and in some place you will need to have a conversation. In order to straighten things out. Be up front and don't cloud the issues with too much emotional rhetoric and all will be well.

Aquarius

Things are still looking good this week and you feel excited by what you can see in the future. There is only one fly in the ointment and that is you may be tempted to spend too much time on those matters that stimulate your interest and not enough on time on other things. Forewarned is forearmed, enjoy your week.

Pisces

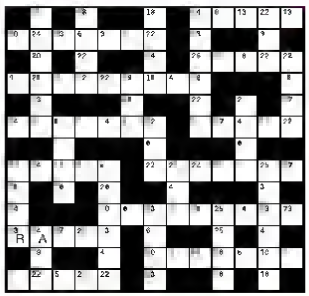
It's no good sitting on the fence. People on both sides may end up trying to knock you off and then where will you be? You need to make your own mind up with regard to certain issues and then communicate this directly and emphatically. Do this and you will have the support of those who matter most.

Brain Gym

No.124

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14 A
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13 R	26

Last week's solutions:

1 X	2 B	3 M	4 R	5 W	6 I	7 S	8 K	9 Z	10 G	11 E	12 P	13 O
14 D	15 A	16 V	17 C	18 T	19 U	20 J	21 L	22 N	23 Y	24 H	25 Q	26 F

Wordsquare

I	A	A
D	V	E
T	D	L

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 'ing' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average
20 words - good
25 words - very good,
30 or more - excellent.

Last week's solutions:

aery aidey alergy alley ally angry angyle, aryl
eagerly early e egy energy gallery galley gayer
generally gnarly gray gravelly grey largely layer
leary yre nary, nearly ney rally rangy rastly
regally, reley rely, yang, yarn yaer, yearn yell
ye ler

Double Crossword

Choose either quick or cryptic clues

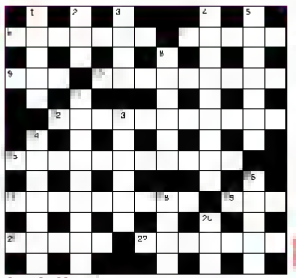
Cryptic Clues:

Across

6. Everybody was in debt. It is not forbidden (7)
7. Timber needed for shafts (5)
8. A New York word (3)
10. The right alternative for the proof-reader (9)
12. I made orders for desert transport (11)
15. Venus is no matinee idol apparently (7-4)
17. Slightly injured - withdrawn from the team (9)
18. Aim in a given direction (3)
21. Monetary servanties producing personal restrictions (5)
22. I strive to make another call (7)

Down

1. Cast used for supporting a weak member (5)
2. This ally creature is a loud bellower (3)
3. Money needed to settle the account, we hear in this way (4)
4. Inconstant, like a planet (5)
5. I'm ready for the picture to be put on (7)
6. Wedding belles (6)
11. They certainly couldn't be accused of having too little spirit. (5)
13. A stick-up with me around constitutes a threat (6)
14. One who ousts the Eastern conqueror (7)
16. Point at which metal-workers strike (5)
18. Poetic end to the day is calm and unruffled (4)
20. Short writing can be illuminated (3)



Quick Clues:

Across

6. Liberty (7)
7. Lid (5)
8. Insane (3)
10. Impromptu (9)
12. Essay (11)
15. Cheeky (11)
17. Deeply shocked (9)
18. In favour of (3)
21. Scatter (5)
22. Attack (7)

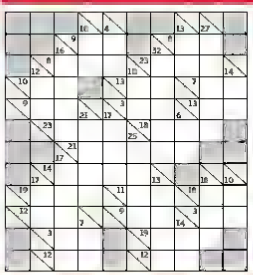
Down

1. Handle (5)
2. Determined (3)
3. Thick (4)
4. Fit (9)
6. Censure (7)
8. Diminish (6)
11. Alien (5)
13. Glib talk (6)
14. Copy (7)
16. Earth (5)
18. Otherwise (4)
20. Hiatus (3)

Last week's solutions

CRYPTIC– Across 7 Spare-ch i-ing 8 Trousers, 9 Duty 10 Stayed; 12 Easter 14 Eskimo 16 Temple 18 Spar 20 Tra ers, 22 D ringu sheel Down 1 Spi rited 2 Injury 3 Acre 4 Magpie 5 Blades, 6 Knot; 11 Denat ing 13 En anged 15 Ghuts 17 Me eat; 18 Pair 21 Arum QU CK Across 7 Un te l Kingdom 8 Reboant; 9 Abler 10 Gentle 12 Activa 14 Streak; 16 Tested; 18 Great 20 Entrance 22 Salvation Army Down 1 Interest 2 Strict; 3 Offer 4 D strict; 5 Aghast 6 Tot 11 Entirety 13 Overcame 15 End ve 17 Seaman 19 Ora 21 Trot.

Kakuro



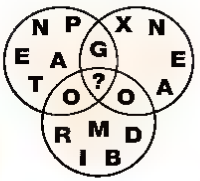
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block. Last week's solutions:

	2	8		8	5	2		
	8	8		7	9	3	8	
		1	9			3	1	4
	3	5	3	2			7	8
	8	2	1		8	4	3	1
			8	3	8	7	9	
		8	7		9	3	1	9
	3	2				8	9	7	3
	9	8	7				3	1
				8	9	8	3	2	3
				3	1	3		8	3

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:

The letter represented by the question mark is I. Ophelia, Claudius, Polonius, all characters in Shakespeare's Hamlet.

Alphamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off.

				L	
					E
	R				
L					
		A			

A

E	I	R	L	T
R	E	M	A	T
M	I	M	E	L
S	O	R	A	M
A	E	I	A	E

B

Last week's solutions

Gates Avert Tetra Error, Stare

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions >

Please temporarily remove Simple, Intermediate and Difficult

Simple

9		8		2	4		5	
		5			1	7	9	
3				9			2	
	3		4		9			2
7		4			2	3		6
8			1				4	
1				6				9
	6	3				2	7	
	4		7	1		8		5

Intermediate

		1	6		2	5		
3			4	8			7	
					1			4
6		7	1				3	
	2			6		8		
	8		2		4			5
7				2				
	5			4	9		1	8
		4	5		7	2		

Difficult

6				8		9	5	
2	1		3				8	
	9							
	4			2		6		
1								5
		9		3			2	
							1	
	3				4		9	8
	2	1		9				3

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Toolbox of mum and dad plugs the DIY skills gap

A GROWING DIY skills gap and an empty toolbox is leaving young adults ill-equipped to do basic household maintenance tasks, relying instead on mum and dad for both advice and hands on help.

Less than two-fifths (38%) of young people know how to do a selection of ten basic household DIY tasks, such as putting up a shelf, changing a fuse or assembling furniture. And one in five (20%) don't have any basic tools such as a hammer, screwdriver or spanner, according to new research by Aviva that highlights the extent of the DIY skills gap among the generations[1].

The younger generation (18-24 year olds) are up to four times less likely to be able to do a selection of basic DIY tasks than the older generation (65+ year olds). The skills gap is most pronounced on jobs such as tiling a bathroom (only 9% of 18-24 year olds could complete, compared to 45% of 65+year olds) and fixing a leaking tap (only 14% of 18-24 year olds could complete compared to 42% of 65+year olds).

While many of us (43%) turn to the internet to plug our DIY skills gap and gain advice and help on how to complete simple home maintenance tasks ourselves, 51% of 18-24 year olds instead turn straight to mum and dad for advice on solving their DIY dilemmas.

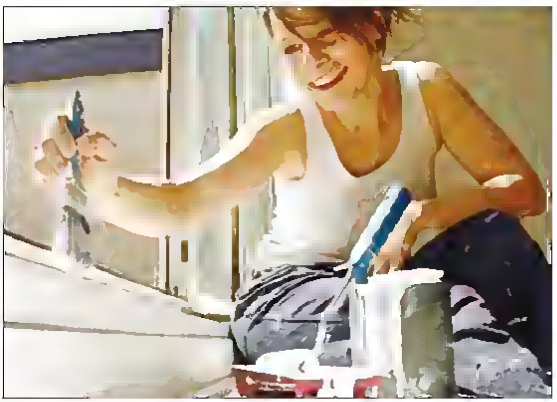
But it's not only DIY advice that grown up children are looking for. More than half (55%) of empty nest parents with children up to the age of 40 are still being called upon to actually help with hands on home improvements in their children's homes.

Parents spend the equivalent of nearly one hour per week (51 hours per year) carrying out home improvements for grown up children aged 20-40 living away from home, doing tasks that would equate to over £1,280 per year if carried out by a professional tradesman, including garden maintenance (47%), painting (46%) and building and assembling furniture (34%).

In addition to their time, parents fork out an average of £334 per year to buy materials and goods to help with their grown up children's household improvements.

Unsurprisingly, 81% of parents believe they were more capable of handling their home improvements at their children's age than their children are nowadays.

Commenting on the research, Heather Smith, director of home insurance at Aviva said: "Learning how to do DIY and simple home maintenance jobs around the home are important life skills to have and it seems that the temptation to call in mum and dad for both advice and hands on help is hindering many young people from learning these skills themselves.



"Passing down this knowledge through the generations is an important step to help young people equip themselves with the basic home maintenance skills, so they should watch and learn when dad or mum are putting up pictures or hanging shelves, and of course they can always bolster their knowledge with the vast range of advice and 'how to' tutorials on the internet once they've built up their confidence.

Anyone seeking specific help and advice on vital home maintenance skills can find a range of information to help on Aviva's website aviva.co.uk/help-and-advice/home-advice.

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For more information, contact Coastguards Estate Agents on 01243 267026
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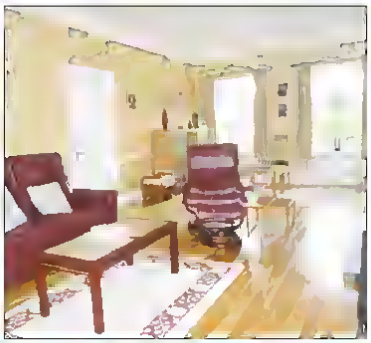

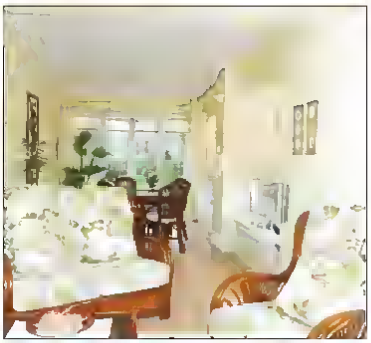

Dynamics of London's rental market are experiencing sea change

ALMOST HALF of London's population now rents their property compared to a national average of 30%, according to a new independent research paper.

The report, One size does not fit all: diverse opportunities in London's rental market, shows that in volume terms, there has been an 80% increase in the number of private tenancies over the last decade, with most of the increase occurring since 2005.

Renting in London is almost equally divided between the private and social sectors, with a quarter of households renting privately and 24% paying below market rents to social housing institutions.

In contrast, the number of people who own their own homes or rent from a local authority or housing association has stagnated or declined.

London has a relatively high proportion of people at 30%, aged between 20 and 40, a group, which the report suggests, is the prime demander of rental accommodation. Inward migration to the Capital, a reduction in the average household size and the obvious cost barrier to owning a home are also significant drivers for change in the dynamic.

Sue Foxley, head of research at Cluttons says: "This report highlights that younger people are choosing to rent for longer periods, especially if they plan to stay in the Capital only for a few years, or wish to live centrally, thus avoiding long commutes from outside London. Given the high cost of getting that first foot on the property ladder, many of them are unsurprisingly unable to commit to buying and are forced into renting.

"The idea of renting long-term is now seemingly universally accepted, partially due to a sea change in attitudes. We are seeing a rise in the number of relatively affluent parents who are happy to bring up children in rented homes delaying a move into owner occupation, something that was uncommon until recent times.

"There is a growing differentiation between those that put a high value on proximity and amenities when choosing where to live and those that react to rising housing costs with soul searching over lifestyles that are prepared to compromise on accommodation in order to keep living costs down."

The report also shows that London has a greater concentration of higher education institutions, international students and a lower provision of university accommodation in comparison to the rest of the UK, all of which have contributed to the increase in rental demand.

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ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul de-sac of private marina estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation G F H uPVC double glazing fascias & soffits, cavity wall insulation cloakrm lounge dining rm sitting rm kit/breakfast rm, master bedrm with en suite bathrm four further bedrms second bathrm shower rm balcony integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

CRAIGWEIL PRIVATE ESTATE £895,000

An impressive detached residence situated on a large double plot extending to in the region of one acre approx 400 yards from the beach G F H leaded light style glazing entrance hall refitted gr f fashrm triple aspect lounge large dual aspect sun room hobbies room dining room study/gr fi bedrm with en suite shower rm kit/breakfast rm utility area with laundry room garden room galleried landing 3/4 double bedrooms refitted shower room double garage with workshop/storage rm carport large front garden with parking for several vehicles, superb secluded rear garden amounting to almost 3/4 s of an acre with tennis court, summer houses and garden shed EPC RATING D

ALDWICK £395,000

An extended four bedroom detached house approx 300 yards from the beach G F H d/glazing dual aspect living room, sep dining room good sized kit/breakfast room cloakroom master bedroom with en suite shower room three further bedrooms bathroom Partially integral double garage and gardens to three sides EPC Rating D

ALDWICK £395,000

A detached Georgian style house situated within 400 yards of the beach & around half a mile from shops and schools The property has been refurbished & remodelled by the current owner & includes G F H uPVC dble glazing, dual aspect lounge good size kit/d n g oom refitted cloakroom master bedroom with refitted contemporary shower suite three further bedrooms, refitted bathroom detached double garage & a South East facing rear garden EPC Rating D

ALDWICK BAY ESTATE £275,000

A three bedroom ground floor apartment situated in a quiet cul-de-sac of the Aldwick Bay private marina estate approx 300 yards from the private beach. gas c h u PVC dble glazed fitted carpets, dual aspect living room opening to a South facing courtyard garden dining hall kitchen three bedrooms bathroom cloakroom garage and communal gardens EPC rating is D

ALDWICK BAY ESTATE £275,000

An elegant 3 bedroom first floor flat in a cul de sac of private estate approx 300 yards from the beach The property is well presented and offers bright and attractive accommodation G F H din ng room with small balcony sitting rm fitted kitchen balcony bathroom separate w c garage and communal gardens

ALDWICK BAY ESTATE £269,950

A ground floor flat situated in a small development in private marina estate approx 150 yards from the private beach The property has been made the subject of a programme of refurbishment and modernisation and includes g l h uPVC dble glazing dual aspect living room with doors opening to the West facing area of garden fitted kitchen & bathrm three bedrooms garage and the use of the South facing communal gardens EPC RATING C

Motors

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Porsche Museum celebrates '50 Years of 911' at Goodwood

GOODWOOD is honouring one of the world's most versatile and popular sports cars – the Porsche 911 – at this year's Goodwood Festival of Speed in West Sussex, 11 – 14 July.

Demonstration runs by historical Porsche road and race cars spanning the seven generations of the 911 will be a highlight of the event. These cars, many of which will instantly evoke fond memories among the thousands of spectators, will be driven by two-time World Rally Champion Walter Rohrl, and two-time winner of the Le Mans 24 Hours and German Touring Car Champion, Hans-Joachim Stuck, amongst other notable star names.

Joining this outstanding selection of 911 icons will also be an incredible line-up of historic Le Mans veterans from the Porsche Museum collection based in Stuttgart. The 911 GT1 '98 and 935/78 'Moby Dick' have been rarely seen in the UK, while the 1987 962 is a frequent visitor to the Earl of March's West Sussex estate.

In addition the former Porsche factory race drivers Hans Herrmann and Richard Attwood will once more be reunited behind the wheel of the legendary Porsche 917 KH, with starting number 23, in which they captured the winner's trophy in the Le Mans 24 Hours for Porsche in 1970; the first of a total of 16 overall victories achieved to date.

The delectable 936 Spyder will also travel to Goodwood, with three victories at Le Mans, it is among the most successful Porsche race cars. The contingent from the Porsche Museum will be completed by a further five star guests. Two examples of the rallying 911, an SC 'Safari' and 'Paris Dakar' Carrera 4x4, two 911 race cars, a Type 064 from the Porsche Supercup Championship and Type 996' 911 GT3 RSR, and the formidable 1,000 hp 917/30 Can-Am car will all be vying for fans' attention at Goodwood.

Alongside the Lohner-Porsche 'Semper Vivus' – the world's first full hybrid automobile and one of the earliest innovations of company founder, Professor Ferdinand Porsche – the Stuttgart factory will also send a very special, original 911 from 1967 to Goodwood. As part of an innovative 'Follow the 911' campaign, this car has been engaged as a rolling ambassador for Porsche at various international events, trade fairs, historic rallies and racing events on five continents since the start of the year.

Further details regarding the involvement of Porsche in the Goodwood Festival of Speed, and more information about the wider event itself, will be confirmed over the coming weeks.

The Porsche Museum

With an extensive special exhibition in its distinctive building in Stuttgart Zuffenhausen, Germany, the Porsche Museum is celebrating the 911 anniversary until September 29. More than 40 different 911 versions tell the unique and exciting story of this sports car model range alongside the original 911 and seven 911 generations. This includes a number of rare production and racing cars being presented to the public for the first time. The Porsche Museum is open from 9.00 a.m. to 6.00 p.m. Tuesday to Sunday. Admission is eight euro for adults. Reduced price tickets cost four euro. Drivers of a 911 plus one accompanying person, upon presentation of the vehicle registration at the box office of the Porsche Museum, have free admission from June 4 to September 29, 2013. The same applies to visitors who were born in 1963, and can prove it by presenting their ID.

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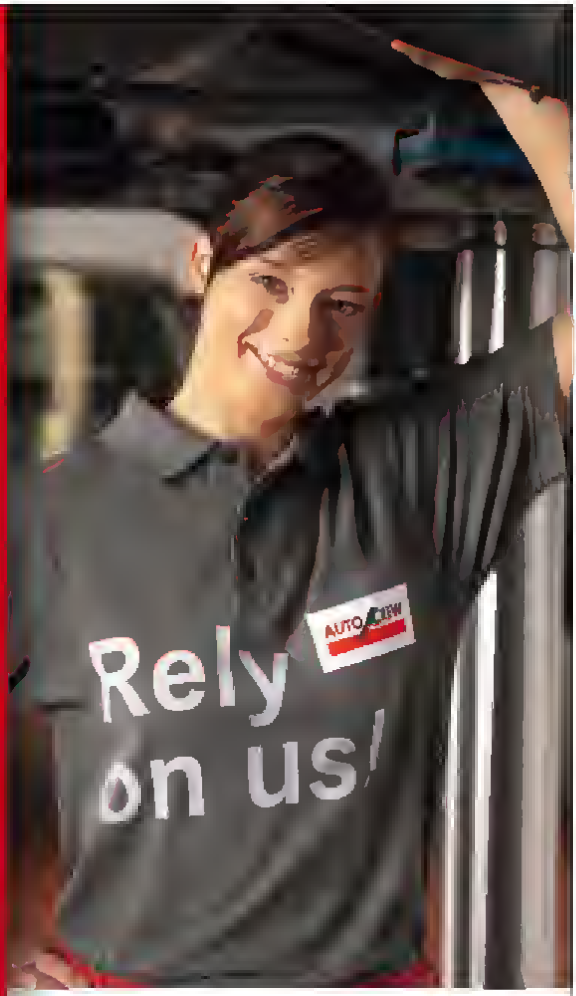

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T&Cs *One offer to be used only *Must sign up before the 26th June *Bootcamp must be booked

Cricket

Much better from City

LEAGUE ROUND-UP FOR 22 JUNE
PREMIER DIVISION
CHICHESTER have improved their placing following an eight wicket home win against Worthing.

Worthing were put in by Chichester at Priory Park and crashed to 108 all out as Matt Geffen took 3 for 21 and Richard Browning 3 for 29, top scorer for the visitors was Luke Vinter with just 24. Aussie Ashton Turner then hit 51 not out and Mark Bamford made 35 to steer their side home at 111 for 2.

DIVISION 2
Middleton decided to bat at home to leaders Eastbourne and were dismissed for 159 of which Pat Colvin made 39. Skipper Mark Tomsett then led Eastbourne to victory. He made 92 not out in a total of 163 for 7 and shared a match winning stand with Richard Smith to take his side home, Brandon Hanley took 5 for 52for the home side.

DIVISION 3 ROUND-UP
WEST
Billingshurst and Shirlands have opened up a gap at the top of 3 West after both recorded their seventh win out of eight. The two sides meet next week at the end of the first half of fixtures.

Billingshurst enjoyed a comfortable win at home to Steyning with Dhanuska Mitipolaarachchi claiming 6-27as Bognor made 151 all out. Luke Seward resisted with 63 while Sam Goodway made an unbeaten 41in the seven wicket win.

Shirlands made it 7on the trot at Henfield with Sean Heather and Will Gubbins once again amongst the runs. Heather made 132 and Gubbins an unbeaten 52 as Shirlands posted 228-2 after being asked to bat. Jack Parsons made 57but 4-61 from Struan Cameron ensured that Henfield fell well short on 142.

Steyning had a tight draw with Wisborough Green. Gary Hunt hit 63 as Steyning reached 191-7and in reply Green finished just 6 short but with 9 wickets down. Ramesh Subasinghe took 6-29.

Slinfold won at Arundel by 6 wickets to keep the home side at the foot of the table. Guy Thorne took 4-37and Arundel's 130 proved to be nowhere near enough with Andy Parsons blasting an undefeated 103 in taking Slinfold to victory.

Having led the table earlier in the season Pagham have slipped down to 4th as Crawley Eagles posted 252-8 after being asked to bat first. Fazlan Nilamdeen led the way with 101 while, Nabib Rahman took 4-72. Adil Mustafa took 4-39 as Pagham stuttered to a draw at 154-7.

Cricket

Rotary Club supporting youth cricket

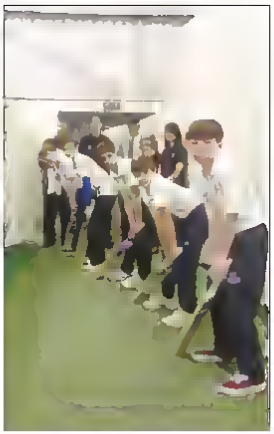
ARUNDEL CC colts have been boosted by a £1000 windfall.

The colts and management received their £1000 to buy cricket equipment from a presentation made by Sussex and Surrey Rotary Club Marketing Officer Tony Reynolds.

And the funds have been boosted by Chichester based Game Set and Match who have helped further by offering discount at their store to make the funds go further.

Ben Barnes, director at Game Set and Match, said: "We are delighted to support Arundel. We want to make sure the funds go as far as possible with extra discount so even more equipment can be bought to help the colts section at Arundel CC."

The money was raised by Arundel Rotary holding a Town Fair in Arundel on August Bank Holiday last year when the town was filled with music, stalls and entertainers. The annual event takes place in Arundel again this year on Bank Holiday Monday, 26th August. Arundel Rotary is this year concentrating on helping the youth of West Sussex.



Arundel CC colts coming in to Game Set and Match of Chichester to pick out some of the cricket equipment

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